

# Fundamental Issues In Hedonism

Post by “Godfrey” of December 10, 2023 at 11:30 AM

This gets to the heart of the ethical hedonism.

First, per [PD03](#), freedom from pain in the body and trouble in the mind is the same thing as maximum pleasure.

Next, pleasure is the goal to which all things point. So by this reasoning, a relevant, contributing life is worth pursuing because it is pleasurable. Many studies point out that a relevant, contributing life increases well-being: what is well-being, if not pleasure?

To me, if you begin with the goal of being relevant and contributing (to whatever you might find relevant), then you're pursuing duty ethics. From my experience this eventually leads to burnout and poor health. Keeping pleasure as a guide, I can actually contribute more and be more relevant. To me, this is a valuable insight of Epicurus', although it's extremely controversial to this day.

In my own life, experimenting with becoming more aware of my feelings of pleasure and pain, and using them as a guide, has been a game changer. Combining this with an understanding of Epicurus' categories of desires provides a powerful set of tools for living a fulfilling life.