

Mental pleasure/pain more intense and longer lasting than physical pleasure/pain

Post by "TauPhi" of December 13, 2023 at 11:35 AM

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So, in summary, is this then the core issue of the Epicurean? If so, i guess I'm not an Epicurean.

Firstly, there's much more to Epicurean philosophy than that. Secondly, study existing texts before deciding if you see yourself as an Epicurean or not. I'm just one of many Internet people and nothing I say is in any way authoritative. Please keep in mind I'm not strictly an Epicurean myself. I'm here as this philosophy is close to my heart and I find exchanging ideas with people gathered in this community very beneficial. Lastly, by wise pursuit of pleasure and avoidance of pain I don't mean to get as much sex, drugs and rock'n'roll as possible. I mean life choices that make my life worth living for myself.

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I deny pleasure where pursuing it would not be constructive (e.g. coffee and a glass of wine at dinner are my only drugs).

Can I ask why you chose to deny yourself such pleasures? Watching sunsets, staring at bonfires, listening to music and many other pleasures are not constructive and yet I don't know anyone who would willingly deny themselves such activities. And please don't take it as a personal attack. I'm genuinely curious as I have a feeling I might be misunderstanding what you're saying.

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I voluntarily accept pain where it comes necessarily as a consequence of doing something constructive (e.g. vigorous exercise entails some pain).

I absolutely agree with this. I'm starting to suspect what you call 'something constructive' I call 'pleasure' and we might be on the same page of the same book just written in different language.

Anyway, welcome to the forum [BrainToBeing](#) and thank you for your contribution so far. I find it very interesting.