

# Unpaid\_Landlord's personal outline

Post by “UnPaid\_Landlord” of July 5, 2024 at 1:52 PM

## [Quote from Cassius](#)

Thanks for the outline and it is a very good first post. My only comment to start out with would be as to this part:

## [Quote from UnPaid\\_Landlord](#)

What is the Goal of Epicureanism?

It's Aponia and Atraxia, basically a body free of pain and a mind free of trouble,

The highest pleasure itself is Aponia and Atraxia, the limit of pleasure is reached when we attain it.

Yes I think each sentence there is pretty much true, but just as you've commented on the tension between modern Science and Epicurean metaphysics, I'd suggest similar caution on the relationship between "Pleasure" and "Aponia" and "Ataraxia." Ultimately Epicurus identified the highest good as "Pleasure," and while the ideal and goal is certainly be to be as \*totally\* free of mental and bodily pain as possible, one important phrase I think you will see cited here a lot is to not let "the perfect be the enemy of the good."

Some people get puzzled by the relationship between the Greek words and the practical day to day seeking to maximize pleasure and minimize pain, so if you have any concerns about that please be sure to bring them up.

Again, welcome to the forum, and we look forward to getting to know you better.

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I understand, I think of more like an ideal to go towards but not achieve, a direction, but I won't let it get in the way of my day to day pleasures, don't worry, and thanks for pointing out