

# **ACT - a bridge which translates Epicurean philosophy into life goals (thread started by Julia)**

**Post by "Kalosyni" of September 11, 2024 at 9:15 AM**

[Julia](#) , if this "ACT" system works for you and results in pleasure, then that is a big "Yay!" 😊

However, for those people who are not familiar with this system, I would caution adopting it, as it appears there is a kind of "language of abstractions" at work with the adoption of abstract values words.

There is further reading in another thread which might be of interest, in that it has discussion of values:

Thread

[\*\*Pleasures of the soul, Values, Meaningful Life\*\*](#)

Hello,

For the context: I ´ve moved from the stoic camp to the epicurean and I am learning the Epicurean principles.

In metaphysics and epistemology the Epicurean have in my opinion the better and more realistic approach.

Now I dive more into the ethics.

In ethics I wonder if Pleasure involves personal values besides the "pure bodily" pleasures.

(There is a citation which says: Beside the pleasures of seeing, hearing, tasting, touching... .I would not know any pleasure)

But I think I get it wrong.

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Matteng

June 18, 2022 at 5:45 PM