

What amount of effort should be put into pursuing pleasure or removing pain?

Post by “Kalosyni” of June 24, 2025 at 3:11 PM

[Quote from Don](#)

By struggling in an effortful way, one is adding an unnecessary level of pain. Sure, we choose pain sometimes for greater pleasure. My go to example is always exercise

Is effort always painful? (I don't think so myself).

Vatican Saying 41 hints at putting effort into things:

"We must laugh and philosophize at the same time, and do our household duties, and employ our other faculties, and never cease proclaiming the sayings of the true philosophy."