

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

Post by “Rolf” of June 25, 2025 at 5:02 AM

## [Quote from Don](#)

A more productive way to think about pursuing pleasure is to get out of its way, to recognize the pleasure that's already present in our lives and to which we stubbornly refuse to admit into our lives.

I was interested in Taoism for some time before my discovery of Epicurean philosophy, and this reminds me of a common Taoist adage about “getting out of one’s own way”.

I don’t love relating the philosophy to religious and spiritual doctrines, but I find this particular idea rather helpful.