

# Preuss - "Epicurean Ethics - Katastematic Hedonism"

Post by "Don" of July 13, 2025 at 11:08 AM

136] [Epicurus] differs from the Cyrenaics with regard to pleasure. They do not include under the term the pleasure which is a state of rest (καταστηματικὴν katastematiken), but only that which consists in motion (ἐν κινήσει en kinesei). Epicurus admits both ; also pleasure of mind as well as of body (ψυχῆς καὶ σώματος), as [Epicurus] states:

- in [Epicurus'] work On Choice and Avoidance
- and in [Epicurus'] On the Ethical End,
- and in [Epicurus'] first book of his work On Human Life
- and in [Epicurus'] epistle to his philosopher friends in Mytilene.
- So also Diogenes in the seventeenth book of his Epilecta,
- and Metrodorus in his Timocrates, whose actual words are : "Thus pleasure being conceived both as that species which consists in motion and that which is a state of rest."
- The words of Epicurus in his work On Choice [and Avoidance] are : "Peace of mind and freedom from pain are pleasures which imply a state of rest ; joy and delight are seen to consist in motion and activity."