

Preuss - "Epicurean Ethics - Katastematic Hedonism"

Post by "DistantLaughter" of July 13, 2025 at 4:39 PM

Thanks, Cassius—this has been an extremely clarifying exchange. I don't have much more to add, except to say that I now see even more clearly the importance of resisting any framing that elevates *katastematic* pleasure above other forms, or that risks collapsing Epicurean pleasure into mere tranquility. You're right to emphasize that Epicurus affirmed both active and stable pleasures—and that hedonism, for him, was never a euphemism for detachment.

The Cicero passage you quoted makes that unmistakably clear. If Epicurus had meant to subordinate the full range of bodily and emotional pleasures to stillness or quietude, he would never have written the way he did. So while I still think terms like "peace of mind" can have a useful role if carefully defined, I fully agree that we must take care not to let that language obscure the breadth and vitality of Epicurean pleasure.

Thanks again for pressing the issue—and thanks as well to Don and Bryan for supplying the excellent supporting quotes/citations. Nothing more from me on this for now.