

# Preuss - "Epicurean Ethics - Katastematic Hedonism"

Post by "Titus" of July 14, 2025 at 7:27 PM

[Quote from DistantLaughter](#)

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.

IMHO this is the championship of Epicureanism: Integrating a life reform into real existing experiences. We have to acknowledge that very extraordinary approach: Epicurus offers refinement of the existential building blocks of life without denial of them. This is somewhat different from the "path-to-enlightenment-with-departure-from-ourselves"-strategy. That life can be good and the stimulus of pleasure, as simple as it is, can be something coherent in an advanced philosophical framework - this just sounds scandalous to many people and hardly to believe.