

"But when we do not feel pain, we no longer need pleasure"

Post by "DaveT" of December 25, 2025 at 9:17 AM

[Quote from Kalosyni](#)

Now what do you do when when the quantities of food available are so great, and eating becomes a desire for experiencing various tasty things... "just one more bite" or "just one more taste of this or that"...

One of the great attractions of Epicurus' teaching for me is that it seems so grounded in common sense. He clearly was not an ascetic, denying himself even simple pleasures, even acknowledging the "pleasure" of enjoying unnecessary pleasures. Of course, we all know this. I don't understand the complexity of the mind/body process that tells us we need to eat to live. I understand that even a single bite of that barely nutritious but wildly sweet or savory food can satisfy me. So, rather than "just one more bite," perhaps just one bite (or what the heck—two or three) can be the answer while enjoying friendship and family during the holidays.