

Eudaimonia and Makariotēs in the Letter to Menoecus

Post by “Godfrey” of May 31, 2026 at 3:25 PM

Quote from Kalosyni

So, if you remove mental pains, it doesn't *necessarily* add in bodily pleasure. Just like if you add in bodily pleasure, it doesn't necessary remove mental pains.

At some point separating the mind from the body makes no sense to me. The mind and body are intricately interwoven and continuously interact. If you have a lousy night's sleep (physical? mental?) both your mind and body can feel out of sorts. "Hangry" is another example: hungry (body) and angry (mind) together.

Separating "pain" from "suffering" is a common way to prevent your thoughts from increasing your pain, whether the pain is mental or physical. So I think the word *necessarily* is important in the above quote. There's a whole spectrum of interaction between what we consider to be mental or physical, a fact that to my layman's understanding is being emphasized by current neuroscience.

As a practical matter it's useful to be able to understand the location, duration and intensity of your feelings in order to better pursue pleasure. But at some level separating mental and physical is the same as separating pleasure from absence of pain. But maybe I'm just a curmudgeon 😞