

# Welcome Max Duboff

Post by "Cassius" of July 3, 2026 at 10:05 AM

## [Quote from Max DuBoff](#)

So, all pleasure is good and is worthy of pursuit. When figuring out what to do, figure out first and foremost what will lead to blessedness, which Epicurus identifies as tranquility. One should only pursue other pleasures when they do not interfere with blessedness.

One way of summarily getting to the conclusion would be to go back to my earlier question: was Emily Austin's book misnamed? Your comment would imply that to be accurate to Epicurus it should have titled it "Living for Tranquility"? Or perhaps maybe "Living for Pleasure Means Living For Tranquility"?