

Welcome Max Duboff

Post by “Max DuBoff” of July 5, 2026 at 2:35 PM

[Quote from Cassius](#)

[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"?

Yes, the latter one.

I also hold the view (which I'm sure you'll disagree with) that Epicurus is a value dualist (sensual stimulation and the absence of pain are both good but don't share anything besides that they appear good and we should therefore pursue them). So I think he could've called the absence of pain something other than pleasure and his view would've been fine. But he did consider it a pleasure, and I have an account of why (namely, because a pleasure is what plays a certain functional role in his epistemology--appearing good to us and motivating us to pursue it).