

Marriage, Children, & Personal Relationships - Greater Difficulties and Risk Can Make Them Harder Than Ever. Epicurean Perspectives on Remedies

Post by "Cassius" of July 15, 2026 at 4:37 PM

The original thread included the following paragraph on which I want to make a special comment:

I find some posts here have overly emphasized pleasure. Yes, pleasure, pleasure, I love pleasure. In my younger years I was very much a hedonist. But, some years back I discovered Epicureanism and toned down my pleasure seeking, which is a good thing. Yes, we all want pleasure, but also we need common sense (prudence) both in life and in a marriage. The greatest pleasure, as Epicurus states, is the absence of physical pain (aponia) and mental disturbance (ataraxia), which are the Katastematic, not the kinetic pleasures, which are fleeting,

The above statement as to Epicurus' views is not correct. As Diogenes Laertius wrote, Epicurus embraced *both* kinetic and katastematic pleasure, and held the Supreme Good to be Pleasure, not katastematic pleasure or any specific type of pleasure. Some people have different views on this matter, but this forum is dedicated to the view that Epicurus taught Pleasure to be the supreme good, as explained in great detail by Gosling & Taylor's *The Greeks On Pleasure* and as discussed many times elsewhere on this forum.

Cicero, On Ends 1.29 (Rackham)

We are inquiring, then, into what is the final and ultimate Good, which as all philosophers are agreed must be of such a nature as to be the End to which all other things are means, while it is not itself a means to anything else. This Epicurus finds in Pleasure; Pleasure he holds to be the Chief Good, and Pain the Chief Evil.