

"Health Hedonism - Why Feeling Good Is Good For You" - Book By Erica Oberg

Post by "Godfrey" of July 27, 2026 at 3:04 PM

[Kalosyni](#) I agree with your thoughts on these points, that we each are the sole arbiter of the concepts expressed by these words. "Meaningful" is a particular problematic word, for me, as it implies some vague universal standard which, as we know, is a fantasy.

There is a chapter in the book titled "Overcoming Barriers to Pleasure", which may pertain somewhat. However the book is primarily about the science of healthy pleasures and as such doesn't fully address the philosophy of Epicurus. It's a parallel set of ideas, and it's up to us practicing Epicureans (and [TauPhi](#) *) to determine it's relevance for ourselves.

All in all though, I think it's worth reading and/or discussing.

*with the utmost respect