

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

Post by "TauPhi" of July 27, 2026 at 10:08 PM

Thank you [Godfrey](#) for your posts about Healthy Hedonism. I have to admit these are worth more to me than all the recent innumerable threads and posts about all kinds of pleasure and the attempts to fragmentise, categorise and prioritize the broken pieces of something that should not be split in the first place.

Here's how I see pleasure. It took me a while to understand that there's nothing to lose and nothing to gain in life. It took me a while longer to comprehend this. It took me yet another while longer to embrace this. And finally I felt it. And this 'it' that I feel ever since is pleasure. It is not avoidance of pain, it is not unhinged indulgence. It is a sense of wonder about being alive for a brief moment, with all the consequences of that fact. I try to keep my body healthy and my mind sharp. I feel pleasure when I can barely walk home after an intense training. I struggle and I feel pleasure in finding solutions. I face my fears and I feel pleasure if I manage to overcome them. I feel pleasure when I read a good book and when I learn something new. I feel pleasure when I see people love me because I am a part of their lives. I fail sometimes. I succeed sometimes. I weep sometimes and I smile sometimes. It does not matter to me anymore when life is going to kill me. Anytime is equally good since I've realised that my life is a pleasure to live and I gladly let my life of pleasure eventually kill me.