

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

Post by "Robert" of July 29, 2026 at 11:32 PM

[Godfrey](#) I'm not sure we've interacted on the forum before, so hi! I enjoyed reading this and feel it could be quite beneficial in terms of encouraging people to think along Epicurean lines. Most importantly, it helps dispel the stigma around the word "hedonism," showing that we don't have to fall into the familiar Saturday night-Sunday morning dynamic of alternating between excess and a penitential hairshirt.

Kalosyni's "unpacking" is valuable as well. The part about personal values gave me some thought. I feel (and someone may correct me here) this is more of a modern, perspectivist take than an Epicurean one, strictly speaking, since Epicureanism has its own set of values. A personal value system based on endurance of suffering for the sake of the afterlife wouldn't align very well, for instance. More pragmatically, though, individualism, subjectivity and personal value-formation are foundational to the modern way of thinking, and I can see the justification for presenting the basic philosophical approach in modern terms--especially given that the writer is not setting up shop as a practicing Epicurean, but rather someone who has been influenced by this and other Greek philosophies.

The part you underlined about health not being just about the absence of disease but also about the presence of joy caught my attention because of the recent discussions about "katastematic pleasure." The passage from Diogenes Laertius on this subject tells us that ataraxia and aponia (i.e. freedom from disease) is static pleasure and joy and exultation are active pleasures involving motion." Crucially, as Boris [Nikolsky](#) argues in the article that Cassius shared with us, the two are not to be seen as opposed to each other, but rather as simultaneous and connected--that is, when we are not in the grip of pain, disease, or mental anguish, we are able to experience joy. So, at least in [Nikolsky](#)'s interpretation, the passage aligns well with what Erica Oberg has to say.