

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

Post by "Robert" of July 29, 2026 at 11:37 PM

[Quote from TauPhi](#)

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.

This is expressed beautifully. However long it took, at least you realized these things. I get the sense that some people never do. It's only recently that I've started to see things this way myself.