

How Emotions Are Made: The Secret Life of the Brain by Lisa Feldman Barrett

Post by “Don” of April 17, 2021 at 10:49 AM

My first reaction is that tranquility/equilibrium ("neither pain in the body nor trouble in the mind") are defined specifically as pleasure by Epicurus.

I'm still of the general opinion that Epicurus's goal or telos is "living pleasurably" and not "pleasure" which sounds to me like we need to be titillated at all times.

I fully agree that the greatest good can't be imagined "without the joys of taste, of sex, of hearing, and without the pleasing motions caused by the sight of bodies and forms" but there's nothing inherently inconsistent with Epicurus's philosophy to wanting to have a calm mind and a pain free body.