

# The Pocket Epicurean by John Sellars

Post by “Bryan” of September 23, 2021 at 11:35 PM

## [Quote from Cassius](#)

That's how you end up realizing that Nature gives us only pleasure and pain as stop and go signals, and that's why you end up with pleasure as the goal - not because you're soft and indulgent and just want to hide in your hole and escape pain, but because you're rigorously and vigorously clear-eyed about the reality of life

Very well said, thank you. Carpe Diem!