

# Let's explore and reclaim pleasure

Post by “Kalosyni” of September 26, 2021 at 12:27 PM

This article might be a start for those of us who are in need of reclaiming all aspects of pleasure...and hope to hear from others on any further thoughts and ideas.

I myself am stuck on pleasure = food ... and hope to move beyond that.

Article title: "When did pleasure become a dirty word?"

Excerpt:

"Why is pleasure so valued in other parts of the world, but not here, not in the U.S.?"

On the heels of [International Happiness Day](#), which has been celebrated internationally on March 20 since 2012, let's begin to unpack our uniquely American aversion to pleasure and how that might be affecting our happiness. According to the Oxford Dictionary, [pleasure is defined](#) as "a feeling of happy satisfaction and enjoyment," or "enjoyment and entertainment, as opposed to necessity." Given that suicide has ranked among the top 10 causes of death in the U.S. every year since 2008, should we be asking ourselves this question: Have we been underestimating the importance of enjoyment, of pleasure? Is it possible that it really is a necessity?"

<https://www.theolympian.com/opinion/article207534699.html>