

# Let's explore and reclaim pleasure

Post by “Cassius” of September 26, 2021 at 1:17 PM

[Quote from Philia](#)

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

That's funny but a good start!

I was looking for the Metrodorus quote for that but all I found was:

**\*\*Plutarch, *Against Colotes*, 2, p. 1108C:\*\*** ... those who keep shouting that the *\_good\_* is to be found in the belly and that they would not give a copper coin with a hole in it for all the virtues in bulk apart from pleasure.