

An Epicurean Understanding of Pleasure

Post by “Don” of October 9, 2021 at 6:32 AM

I'm going to duplicate my post from above on that phrase "most pleasant" so it doesn't get lost. @Nate 's excellent compilation of PD translations might prove helpful in this analysis as well.

[Quote from Don](#)

The larger context of that phrase is:

Quote from Epicurus

...the wise seek to enjoy the time which is most pleasant and not merely that which is longest.

So, he's specifically talking about enjoying the most pleasant time. Not a specific pleasure. The phrase is in the context of talking about the span of one's life. A life doesn't have to be long to be the "most pleasant." What makes the most pleasant life? I go back to Cicero's Torquatus:

Quote from Cicero

Let us imagine a man living in the continuous enjoyment of numerous and vivid pleasures alike of body and of mind, undisturbed either by the presence or the prospect of pain: what possible state of existence could we describe as being more excellent or more desirable?