

On Malte Hossenfelder's book "Epikur"

Post by "Don" of November 12, 2021 at 8:01 PM

[Quote from Kalosyni](#)

[Quote from Martin](#)

Epicurus' philosophy is better characterized by the statement that peace of mind is required to experience maximum pleasure but is not equal to pleasure

This is good. This sheds light on things.

And so then:

Just as virtue is in the service of pleasure, so too peace of mind is in the service of pleasure.

I'm not sure I'm fully on board with the characterization that "peace of mind... is not equal to pleasure." By "peace of mind" can I surmise we're talking about ataraxia? Which is, by Epicurus's definition, pleasurable.

If I indulge further in this, I'd revise [Kalosyni](#)'s statement, too, into:

"Just as virtue is in the service off pleasure, so too ataraxia is part of a pleasureable life."