

Dopamine Nation by Dr. Anna Lembke

Post by “Don” of January 5, 2022 at 1:27 PM

Thanks, Nate, for your responses! You are more passionate and articulate than I was.

[Quote from Nate](#)

While he re-defines "pleasure", it was not such a drastic leap for the Hellenistic mind to make

Before anyone else comments on your comment above, I, too, think Epicurus "re-defined" (or clarified, I might say) the word "pleasure" to include biological homeostasis, namely ataraxia and aponia, specifically as pleasure. Other philosophers of his time posited that there was a neutral state between pleasure and pain. My thought is that Epicurus specifically says "no, when you're feeling in balance, your body's working well, your mind is untroubled, that is a pleasure."