

What Do You Take From The "Golden Mean" of Aristotle?

Post by "smoothiekiwi" of February 12, 2022 at 6:09 AM

[Quote from Nate](#)

Within this context, Epicurus partially saw pleasure as the preferable state of "balance".

That's a good point! To be honest, I simply haven't looked at it that way. Obviously, that isn't applicable to every situation- but e.g. in the sphere of sport, pleasure is the sweet spot between „I'm gonna watch Netflix now“ and „I'm a workout machine!“ The maximum pleasure will be reached when I work out enough so that I'm healthy, but don't see sport as the only thing in life.

Thanks for the clarification!