

# A shower thought on pleasure and meals.

Post by "Cassius" of February 15, 2022 at 4:06 PM

Excellent post and no need to worry about repetition. We'll be repeating this as long as we live.

[Quote from smoothiekiwi](#)

. In order to gain the maximum pleasure, we have to keep a balance, but the goal doesn't become the balance itself- it's only an instrument...

I do think that you're using the word colloquially, so that "balance" is used as an approximation of the issue, but in the end it is probably an important point that "balance" is not in itself a goal. We don't want a "Balance" of pleasure and pain, for example, or a balance between nutritious food and poison.

There are lots of ways to talk about this and I can't even begin to list them. I really don't care for the word "prudent" because of its modern connotations, but I guess that really is more in the direction we're looking for. We aren't looking in most cases for "balance" - we're looking for the "right amount" that maximizes pleasure and minimizes pain.