

# Article by Voorhoeve: Epicurus on Pleasure, A Complete Life, and Death: A Defense

Post by “Kalosyni” of March 4, 2022 at 2:32 PM

I haven't read the full article from the first post, but just the excerpts shown. This thread brings up a lots of good issues, and good contrasts:

I still believe that Epicureanism can be understood and applied in two ways, according to one's disposition:

1) pleasure (and pain) as guiding choice and avoidance, and living a full social lifestyle, from an extroverted disposition and a physically visceral experience.

2) pleasure (and pain) as guiding choice and avoidance, and living a quiet and reserved lifestyle, from an introverted disposition and a mentally rich experience.

So how you choose to live most pleasantly is coming from your in-born nature (or nurtured) disposition.

Also, there are some of us who have come through early life trauma, and so we need a more "therapeutic" approach -- this means that without a certain amount of tranquility we will feel too troubled to fully experience pleasure. Also, if we are confronted by unkind, or anxious, troubled people, then that can pull us down. So it depends on circumstances. And we need support from a gentle and loving Epicurean community.

I will need to re-read various posts above again, and may say more 😊