

Atlantic article about enjoyment vs. pleasure

Post by "Godfrey" of May 4, 2022 at 12:52 AM

[reneliza](#) regarding your post #20 above: in EP the feelings of pleasure and pain are our guides to living a pleasant life. In order to use them properly, we need to be aware of these feelings. If you're eating ice cream while doomscrolling, then not only are you not aware of the pleasure that comes from eating the ice cream but you are also unaware of the pain that comes when you've over indulged. So you're definitely on the right path in trying to be more conscious of your pleasures. For me, trying to be aware of my various feelings of pleasure and pain is a key Epicurean "exercise".