

Atlantic article about enjoyment vs. pleasure

Post by "Kalosyni" of May 4, 2022 at 8:07 AM

[Quote from Cassius](#)

In my view, Epicurean views need to be thought of first as a "philosophy" of life - a world view. Yes Epicurean philosophy is practical, and yes it will lead in many practical directions, but Epicurean philosophy is not first and foremost a "therapy" as modern Stoicism has become.

I think a kind of "therapy" can come out of a worldview -- which for Epicureanism is enjoyment of life and friendships which support the enjoyment of life.

And this is something that I want to blog and post about in the future - as I feel there are many therapeutic aspects within Epicureanism.

Especially this link is good, lots of good points of "therapeutic" value:

Post

[RE: A Post At Facebook Relevant to Activism And Living As An Epicurean](#)

[...]

I think sometimes we might get caught up in the notion of philosophy involving only mental exercise: study and discussion, thoughts on how to apply a hedonic calculus (or a "virtue calculus" for the Stoics), mind-focused meditation practices (and practices to "condition the mind," as Nate says), etc. The physical comes up more in terms of food and drink, sometimes sex, maybe taking a walk in nature.

But physical exercise can be free (unconditioned) in practice -- and as a practice. Socrates...



Pacatus

May 2, 2022 at 1:48 PM