

Atlantic article about enjoyment vs. pleasure

Post by "Cassius" of May 4, 2022 at 8:57 AM

[Quote from Kalosyni](#)

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.

Since we are trying to drill down and be as precise as possible, and I have spent years seeing people be obtuse about this and confuse the end and the means, let me reword that syntax to be absolutely clear which is the worldview and which is the therapy:

Quote

I think out of the Epicurean worldview - which is a view of the nature of the universe that is entirely devoid of supernatural aspects, a view of the nature of knowledge that conveys what can be expected of it and how it is acquired, and a view of the nature of a proper ethics that is not absolute but based on pleasure as the guide of life -- can come a kind of "therapy" -- which includes the pursuit of compatible friends, living prudently, studying nature, communicating with frankness, weighing pleasures and pains arising from each choice and avoidance, and maintaining proper attitudes toward "divinity" - among many other things!