

Plato's Philebus and the Limit of Pleasure

Post by “Kalosyni” of May 30, 2022 at 8:02 PM

[Quote from Cassius](#)

3- "that Pleasure can be complete when it fills out experience, and thus we don't always need more" (PD3)

There are certain pleasures in which one must take care -- PD3 ought to be combined with PD8 -- especially when eating dessert -- because the bad result doesn't come till later on, after you have eaten too much. At a family gathering today, the adults knew how to apply reason with regard to limiting the quantity of dessert, but my great-nephews and great niece wanted to have third helpings of dessert -- their mom had to tell them they had already had enough.

Quote

...sugar also triggers the mesocorticolimbic system, known as the “reward pathway,” in the brain. When we consume sugar, the prefrontal cortex, amygdala, ventral-tegmental area, and nucleus accumbens are stimulated, releasing dopamine. After sugar triggers this system, we’re left craving more, because these parts of the brain are responsible for behavior reinforcement, pleasure-seeking, and addiction, according to a [study](#) published in *Neuroscience & Biobehavioral Reviews* in 2019.

For [more on sugar, read this.](#)