

# Pleasure, Desire and Limits

Post by "Cassius" of July 20, 2022 at 10:02 AM

## [Quote from reneliza](#)

I wonder if the "unnatural" desires are meant to be things that don't bring you pleasure even when they are satisfied, or those that can never be met, but instead expand further and further as you get closer (like desire for wealth or fame that only grows as you reach the previous goals you'd set)

That leads me back to this point:

## [Quote from Don](#)

The steady contemplation of these things equips one to know how to decide all choice and rejection for the health of the body and for the tranquility of the mind, that is for our physical and our mental existence, since this is the goal of a blessed life.

To some extent the observations that food water shelter etc are needed for life is so obvious that it doesn't seem to me to be useful for much more than what Epicurus says -- touchstones for contemplation of the issues. Those minimal levels stand at one end of the spectrum, while "master of the world" is at the other. No one should seriously suggest that either of those extremes is appropriate, but they serve the purpose of helping organize the presentation. To that extent they are useful, but to the extent that "minimalism" has assumed a life of its own in the modern world, we have to be careful that neither extreme is held up to be the ultimate goal in itself. Very few people that I am aware of seriously attempt to implement either extreme, but from reading some commentaries one would get the idea everyone who drinks anything but water is a "bad Epicurean."