

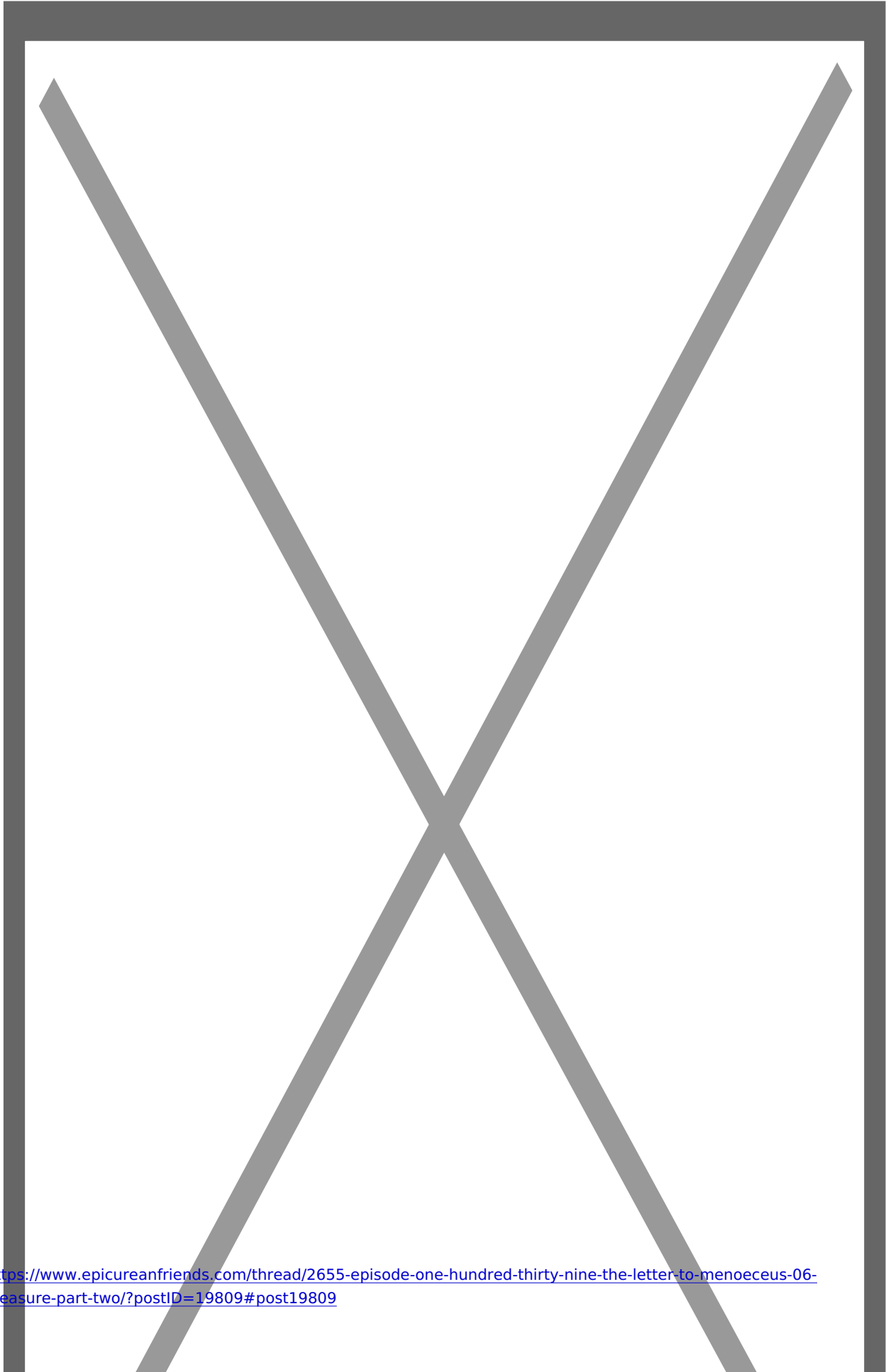
# **Episode One Hundred Thirty-Nine - The Letter to Menoecus 06 - Pleasure Part Two**

**Post by “Don” of September 14, 2022 at 7:54 AM**

One more thought then I'll step off the soapbox:

I was just listening to a podcast (specific one doesn't matter), and they were talking about flow:

Image not found or type unknown



<https://www.epicureanfriends.com/thread/2655-episode-one-hundred-thirty-nine-the-letter-to-menoceus-06-pleasure-part-two/?postID=19809#post19809>

[Flow \(psychology\) - Wikipedia](#)

en.wikipedia.org

I think there might be parallels or similarities or other connections between flow and katastematic pleasure, ie ataraxia/aponia. I'd be interested to read anything from anyone who knows more about Csíkszentmihályi's work in this area.