

# "Hero" Headers in The EpicureanFriends.com " Hero Box" on the Home Page of the Website

**Post by "Cassius" of October 13, 2022 at 4:21 PM**

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"And since pleasure is the first good and natural to us, for this very reason we do not choose every pleasure, but sometimes we pass over many pleasures, when greater discomfort accrues to us as the result of them: and similarly we think many pains better than pleasures, since a greater pleasure comes to us when we have endured pains for a long time. Every pleasure then because of its natural kinship to us is good, yet not every pleasure is to be chosen: even as every pain also is an evil, yet not all are always of a nature to be avoided." [Epicurus - Letter to Menoecus](#)