

Promising New Book ("Living For Pleasure") and Great New Article ("Are The Modern Stoics Really Epicurean?") Both By Emily Austin

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All of this brings up for me the importance of not creating an exact list of what brings pleasure and what brings happiness -- because it will depend on the environment and culture that one is living in.

Metrodorus, as quoted in the book:

Quote

I hear from you that the movement of your flesh is abundantly disposed toward sexual intercourse. As long as you do not break the laws or disturb noble and settled customs or vex any of your neighbors or wear out your body or use up the things necessary for life, indulge yourself in any way you prefer. However, it is impossible not be constrained by some one of these things. For sex never profits, and one must be content if it does not harm.⁵

The idea that "sex never profits" is no longer true, as studies have shown it is good for the health of the body -- And there is birth control, and the [consent movement](#).