

Major (In the Sense of Major Publication) Review of Emily Austin's "Living for Pleasure"

Post by "Don" of January 26, 2023 at 8:39 AM

Quote from The Guardian

Freedom from anxiety is good, all other things being equal, but many would say that a willingness to do without tranquility is what has enabled them to push themselves and live fuller lives.

(clears throat...)

Quote from Epicurus

For we recognize it as the primary and innate good, we honor it in everything we accept or reject, and we achieve it if we judge every good thing by the standard of how that thing affects us. And because this is the primary and inborn good, we do not choose every pleasure. Instead, we pass up many pleasures when we will gain more of what we need from doing so. And we consider many pains to be better than pleasures, if we experience a greater pleasure for a long time from having endured those pains. So every pleasure is a good thing because its nature is favorable to us, yet not every pleasure is to be chosen — just as every pain is a bad thing, yet not every pain is always to be shunned. It is proper to make all these decisions through measuring things side by side and looking at both the advantages and disadvantages, for sometimes we treat a good thing as bad and a bad thing as good.

Just sayin', Guardian. Epicurus has you covered.