

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

Post by "Don" of January 26, 2023 at 10:26 AM

I want to say explicitly that, from my perspective, Emily (Dr. Austin preferred Emily on our podcast conversation, so I feel I can use her first name 😊) did an *exceptional* job of placing tranquility and freedom from anxiety in context while maintaining its importance in Epicurean philosophy. I completely agree with her characterization. And just to make sure I understood her characterization, my take is that Epicurus taught that ataraxia was vitally important for the both the pleasure that a calm, anxiety-free mind brings itself BUT ALSO that it allows the enjoyment of other pleasures - both necessary and extravagant - in our lives more fully. With tranquil minds, we are more fully present to the everyday pleasures we experience, like a wholesome lunch of warm fresh bread and cool water... Just as an example 😊