


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

Post by "Cassius" of January 26, 2023 at 1:54 PM

**What?** "Rumination" is not generally a negative word, is it?

**rumination**   
rooˈmæ-nāˈshən

**noun**

1. The act of thinking about something in a sustained fashion.
2. The act or process of chewing cud.

I guess this is why have an instinctive distrust for "psychology." Why take a perfectly fine word and twist it to pieces?! 😊

**How is *rumination* used in real life?** X

*Rumination* is generally used in a neutral or positive way to refer to the process of thinking something over. When it's used in the context of psychology, it refers to behavior that has negative effects on a person.

After much rumination, I have concluded that neither dogs nor cats are intrinsically better than the other. Ones feelings about this subject are subjective, experiential, and contextual. I hope this clears things up.

— Tsar Czar Binks, protector of the buried beans (@SleepyHead\_band) April 9, 2018

Wow this reminds me of other perfectly fine words -- "tranquility," "calmness," even "ataraxia" or "katastematic" - which are perfectly fine when used by normal people in normal ways, but perfectly pernicious when taken out of context and defined as "*the great end of all things to which all else aims!*" 😊

Time for another shouting session, and to substitute in the place of "virtue" those other words I just mentioned:

But since, as I say, the issue is not «what is the means of happiness?» but «what is happiness and what is the ultimate goal of our nature?», I say both now and always, shouting out loudly to all Greeks and non-Greeks, that pleasure is the end of the best mode of life, while the virtues, which are inopportunately messed about by these people (being transferred from the place of the means to that of the end), are in no way an end, but the means to the end.