

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

Post by "Todd" of January 26, 2023 at 2:24 PM

[Quote from Kalosyni](#)

Maybe for our purposes here in what we understand as Epicurean teachings, instead of anxiety we could use the word "worry"?

I think of worry and anxiety as basically synonyms. Anxiety is more precise, clinical; worry is more natural, vernacular. But I think they refer to the same mental state.

[Quote from Kalosyni](#)

But then I wonder, should everyone try to live a worry-free life? Is it even possible? Would a worry-free life be worth living? What would you have to sacrifice to live completely worry-free?

This is exactly why we pursue **pleasure**, not ataraxia!

Should everyone try to live a worry-free life? All else being equal, of course; but everything else is never equal. Everyone should try to live a life with as much pleasure as possible. But no one can expect to live a life completely free of pain (or worry/anxiety). Sometimes we will make choices that we expect to lead to more worry or anxiety, but we do so for the sake of an even greater pleasure. (I'm thinking particularly about having children here.)