

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

Post by "Todd" of January 26, 2023 at 5:34 PM

[Quote from Don](#)

I'm thinking it might be more advantages to *describe* the condition we want to be free of rather than use a single word (since that's my modus operandi when I translate from ancient Greek 😊). By "free from anxiety" I mean...

Free from incessant, nagging doubt or worry of whether past actions were the right ones to take, whether present circumstances are the right course to take, and whether the future is to be dreaded.

That's just a first draft for conversation!

The condition I've been focusing on is, I think, accurately described by "anxiety" or "worry". But if you want a more verbose description, I would call it "fears about the future that are not connected to any immediate threat"

I'm not saying that is the ONLY condition we need to avoid. I was specifically focusing on anxiety because that was the term Austin and others in this thread were using.

Rather than focusing on what we want to avoid, though, it is probably more useful to focus on the pleasant mental state we want to cultivate.