

# Pleasures of the Mind In Comparison To Pleasures of the Body

Post by “Don” of April 13, 2023 at 4:53 PM

I've been down this road in a previous thread:

Post

**[RE: Confidence in Katastematic Pleasure](#)**

I really started down this road in part with the discovery of Metrodorus being quoted in [Clement of Alexandria's Stromata II.131, p. 498](#) which states ([in translation](#) )

[...]

The primary source for my contention was simply the title of Metrodorus's book: *On the Source of Happiness in Ourselves being greater than that which arises from Objects*. The Greek title reads: Περι του μειζονα ειναι την παρ' ημας αιτιαν προς ευδαιμονιαν της εκ των...



Don

February 10, 2023 at 11:57 PM