

"Living for Pleasure" Book group - Chapter Highlights

Post by "Kalosyni" of April 18, 2023 at 9:01 PM

Living for Pleasure by Emily Austin - April 30th meeting

Chapters 1 - 4

Chapter 1 - Maybe We're Doing it Wrong

- Imagining the pleasure of a perfect vacation
- Hedonism at first glance seems like a recipe for following destructive impulses and "giving license to our failure of self-control", but Epicurus is different
- Feelings of shame can come up around natural bodily desires – we both need and want to have the freedom to enjoy what brings us pleasure
- Pleasure is a sweeping term that includes everything that is not painful
- The importance of removing anxiety and taking action
- Not life coaching - this is to wake you up to pleasure and pain, and that pleasure is the natural guide to live a happier life

Chapter 2 - Epicureanism, the Original Cast

- Epicurus
- Lucretius
- Philodemus
- Diogenes of Oenoanda

- The Opposition: Cicero, Seneca, Plutarch

Chapter 3 - Happiness, Theirs and Ours

- The dispute between the various ancient schools of philosophy is about their divergent views about the nature of happiness and the ways to achieve it
- An objective vs. subjective understanding of happiness

Chapter 4 - Natural Hedonism

- It is easily observed that we pursue pleasure and avoid pain by nature
- The cradle argument
- All our actions aim toward our own pleasure
- Hedonistic prudence
- Psychological hedonism
- Prudential miscalculations
- Objections from the opponents of Epicureanism