

# "Living for Pleasure" Book Study Group - Starting April 30, 2023 - Via Zoom

**Post by "Kalosyni" of April 18, 2023 at 9:23 PM**

I see another RSVP 😊 (thank you [TauPhi](#))

Update on our meeting agenda:

Originally I had the idea of listing a few discussion questions beforehand, but I am now thinking we will take a more open approach for discussion. (I'll have some back-up discussion ideas on-hand just in case).

The Zoom will run about a hour long, and our tentative agenda for the first meeting is as follows:

- 1) 8:30 - 8:40 - welcoming everyone, introducing the facilitators, and then going around letting everyone else introduce themselves (very brief/easy-going)
- 2) 8:40 - 9:10 - a brief explanation of what we hope to accomplish and the format of the meeting, followed by diving into a presentation (by Joshua, Martin, and myself) of an overview of the first four chapters.
- 3) 9:10 - 9:25 - open it up for discussion
- 4) 9:25 - prepare for closing and good-byes

You can find a list of the highlights which we will touch on here in this thread:

Thread

**["Living for Pleasure" Book group - Chapter Highlights](#)**

**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

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Kalosyni

April 18, 2023 at 9:01 PM

Cassius will also be present as facilitator as well, especially during the questions and open discussion segment.

This will be a fun way to encounter the basic [foundations of Epicurean philosophy](#), and looking forward to seeing you all on April 30th. 😊