

"Living for Pleasure" Book group - Chapter Highlights

Post by "Kalosyni" of May 8, 2023 at 7:52 AM

Here are some of the slides that I presented in last night's Zoom book review of Emily Austin's "Living for Pleasure". (I present a few highlights of chapters 5, 6, and 7. And Cassius presented on chapter 8.)

"Living for Pleasure" - Author: Emily Austin

Book Review Notes - Chapter 5 - "What Do You Want?"

Three categories of desires:

Necessary desires - (natural and necessary) --necessary for our life and for our happiness -- the desires for things which bring us happiness - that which keeps us alive and our body healthy, and also the desires which arise due to our rational capacities and our particular social nature (thinking and understanding clearly about the nature of the world, a secure sense of the future, and having reliable and secure social connections and interactions) -- Necessary desires do not require intense struggle.

Extravagant desires - (natural and unnecessary) those desires which are fine if we don't get invested in whether or not we satisfy them -- fancier types or specific versions of necessary desires -- the objects of extravagant desires are not always bad, and can contribute to genuine joy, but aren't necessary for happiness.

Corrosive desires - (unnatural and unnecessary) -- those we should cut out of our soul root and branch (VS46) -- contrary to our nature, or not conducive to human well-being

Chapter 6:

"Why Can't We Be Friends?"

"Friendship dances around the world announcing to all of us that we must wake up to blessedness." Vatican Saying 52

Epicureanism explains why we need friends and of what sort -- We need friends for knowledge, security, shared personal reflection and joy.



Chapter 7 - "Let Me Be Frank"

Philodemus wrote the treatise "On Frank Speech".
He also wrote "On Property Management" and other Epicurean treatises. Philodemus was born 160 years after Epicurus died.

