

A Pleasant Life instead of Pleasure

Post by “Kalosyni” of August 4, 2023 at 9:35 PM

[Quote from EricR](#)

Words evoke specific reactions in people. The word "pleasure", while having a wide interpretation in Epicurean Philosophy, it seems to have a much narrower one in general. Specifically, immediate transitory pleasures.

This could be a problem or a blessing in disguise, because it requires some contemplation. We can see in the Letter to Menoceus that Epicurus had to explain the nature of pleasure, and we also have to make sense of this for ourselves. So then we can contemplate for ourselves what "pleasure" means. And we need to reclaim the word "pleasure".

PD8 says:

"No pleasure is bad in itself; but the means of paying for some pleasures bring with them disturbances many times greater than the pleasures themselves."

And why is there distrust of "pleasure"? In modern civilization perhaps there are people who are living "like mice in a cage addicted to sugar water". Perhaps because they are unable to find the necessities for the happiness of the soul.

[Quote from EricR](#)

So I was wondering if the focus was a "pleasant life" as the goal might be more immediately evocative of that wider interpretation.

A pleasant life will contain pleasures of both the body and the mind. But the phrase "pleasant life" seems a bit bland. It is the difference between "happiness" and "well-being". Of course we want a pleasant life, but I think we also want happiness too.