

Would You Rather Live For A Week As (1) Epicurus During the Last Week of His Life or (2) An Anonymous Shepherd Laying In The Grass In The Summertime With No Pain At All?

Post by "Godfrey" of September 13, 2023 at 11:47 AM

Quote from Cassius

The development of exercises to encourage people to focus on seeing how mental pleasures and physical pleasures combine to constitute the full goal of "pleasure" is probably a good idea.

The way I read [PD09](#), which is the way about half of the translations render it, is that pleasures and pains can be described by intensity, duration and location. Thinking about activities that expand the location of pleasures can then help with what's stated in the above quote.

For instance, many pleasures are experienced both physically and mentally at the same time: relief at escaping trauma, the awe of a blazing sunset, the list goes on.... Thinking about this facet (location, or breadth as I also like to think of it) can be useful in understanding the nature of pleasure.