

# Episode 193 - Cicero's On Ends - Book One - Part 03

Post by "Cassius" of September 30, 2023 at 5:45 PM

## [Quote from Don](#)

We should enjoy both mental and physical pleasure, but we can just access the mental ones with more confidence

Yep I would say that Epicurus' final days would be an example of that.

I am thinking to myself what implications flow from that observation.

One of the primary ones would be that this allows the "continuous pleasure" position in which we always have access to mental pleasures. This doesn't mean that the mental pleasures are necessarily better, but if we can be confident that we always have the ability to find pleasure in life, then we can be confident that life is worth living, and that in itself is a very important character trait and provides resistance against nihilism.