

# **Pleasure is the Ultimate Good but a Pleasant Life is the Goal**

**Post by “Kalosyni” of October 10, 2023 at 9:30 AM**

Also we tend to think in chunks of time, perhaps according to seasons (summertime, holiday time or "over the past year", etc.) or based on when significant events happened (moving to a new city, getting married, or birth of a child, etc).

Then given this reference to what ever chunk of time we are reflecting on, we then might have a quick sense of whether things have been going well or not. And then the cognition of either one of the following: -- a mix of ups and downs -- or feeling a bit unhappy -- or feeling generally happy -- or things have been going very well.

I would say that as Epicureans our goal would be to think (and be able to honestly say) that things have been going very well -- and that this would be a pleasant life (and a happy life). And likely we re-evaluate according to new chunks of time, as time moves forward.