

PD09 - Condensed Pleasure

Post by "Elayne" of March 27, 2019 at 11:04 AM

There are some neurologic correlates at least to persistence of pleasure, once initiated-- there is reason to believe these are two separate things, pleasure and having it last. This is from research on anhedonia, where researchers found the difference in anhedonia vs normal pleasure was NOT that there was no pleasure in anhedonia but that it did not persist as long. I have to look that up too. It has to do with signaling from the PFC. It's a neurologic after-glow sort of thing.

This could be a different concept though, from static and kinetic-- more to do with the initiation and extension of pleasure. DeWitt said that static pleasure was what helped Epicurus argue for the possibility of continual pleasure-- but extended duration of pleasure after an initiating action (including a thought) might work just as well or better. If we had to take constant action, every minute, to enjoy ourselves, that might be hard to sustain. Let down your guard for an instant and poof! That's not how it feels though-- it feels like there is a lingering effect which agrees with the anhedonia research. Then all you have to do for sustained pleasure is boost it as needed and also plan for the future.