

"Absence Of Pain Is Pleasure" - How Would You Articulate That To Someone?

Post by "Eoghan Gardiner" of November 17, 2023 at 8:01 AM

[Quote from Cassius](#)

[Quote from Kalosyni](#)

"Moderation" is never the ultimate goal either, any more than calmness is the 'ultimate' goal. Moderation in eating is a tool to find pleasure. It's pleasure that is the ultimate goal and sometimes you're going to eat more than other times. So I'd say you never set out to "Find moderation," you set out to find pleasure, through which moderation is often (not always) an appropriate tool.

Great point all things must be means to an end which is pleasure, it's good to be temperate in eating and drinking insofar as it leads to a pleasurable life, so then we can say it's good to over indulge insofar as it leads to a pleasurable life, when and where you should over indulge only you can calculate.