

Interpretation of pursuit of pleasure

Post by “waterholic” of December 8, 2023 at 4:32 AM

[Quote from Godfrey](#)

So yes, we naturally pursue pleasure, but not always skillfully

Thank you [Godfrey](#) this is a great elaboration. Exactly right: we can proactively improve our "wellbeing" by improving our understanding, OR we can make life harder by following a "mental construct" only to get frustrated by how unattainable and unreal it is.