

# Mental pleasure/pain more intense and longer lasting than physical pleasure/pain

Post by “BrainToBeing” of December 13, 2023 at 9:09 AM

[Quote from TauPhi](#)

figure out how to wisely pursue pleasures and avoid pains so we can feel that the overall balance is positive

So, in summary, is this then the core issue of the Epicurean? If so, i guess I'm not an Epicurean. I'm more interested in doing something constructive as my core driver. I deny pleasure where pursuing it would not be constructive (e.g. coffee and a glass of wine at dinner are my only drugs). I voluntarily accept pain where it comes necessarily as a consequence of doing something constructive (e.g. vigorous exercise entails some pain). And, I volunteer for existential pain when I struggle to understand things knowing that it will separate me from the interests of, and connection to, the average human. But, maybe that's just me. Certainly the last of these pertains clearly to the members of this erudite community.