

Another Tetrapharmakos Video Discussion

Post by “Pacatus” of May 9, 2024 at 7:11 PM

[Quote from Don](#)

One can enjoy every other pleasure more if one's mind isn't troubled and one's body is in (reasonably) good working order.

Yes, that seems to be the author's general point. And I found it to be an enlightening one (probably means I haven't been paying close enough attention to you! 😞).