# How to Live in Times of Upheaval: The Categories of Desire

## Post by “Godfrey” of August 7, 2024 at 4:06 PM

I guess my wording wasn't very accurate, as I wasn't trying to imply that at all. There can be great mental pleasure in reliving memories of past pleasures and accomplishments when one is infirm. But everyone has different ideas. There's the half-joking phrase "pain is pleasure," which for some may ring true but for others is sheer lunacy. I read today of an ultra-marathoner speaking of her "pain cave." Not sure what to make of that!

I recently met a former (1980s) Mr. Olympia and Mr. Universe of bodybuilding. He was really quite inspiring: amazing energy and joie de vivre, and a true mentor to innumerable bodybuilders. It was a real eye opener for me, although I have no plans to take up bodybuilding.

Anyway, I'm off to tune iinto some Olympic volleyball 🙂