

Health of the Body and Happiness of the Soul -vs- "The Goal is Pleasure"

Post by "Cassius" of September 9, 2024 at 6:56 AM

[Quote from Kalosyni](#)

Some people may want to discuss this philosophical conundrum (will this lead to "too much tranquility"?).

I consider Olympic athletes in particular but also all who make the effort to stay in good physical condition to exhibit "health of the body," and I consider normally active people (especially the young but possible at any age) pursuing active joyful lives to exhibit "happiness of the soul," so no I don't see any reason why such goals would lead to "too much tranquility." When pleasure is seen as everything that is not in pain, such the Epicurean view of your hand in its normal condition, "Tranquility" is just one of many types of health of the mind and body.