

# **Emily Austin Seems To Think That Sex Is An Extravagant Pleasure aka natural but unnecessary. Do you agree?**

**Post by “Kalosyni” of September 13, 2024 at 12:01 PM**

Here is a fun article which recommends "quality over quantity":

<https://www.psychologytoday.com/us/blog/psymon...really-have-sex?>

And here is one on voluntary celibacy:

Image not found or type unknown



### [Is Voluntary Celibacy on the Rise?](#)

How common is it for people to take a break from sex and dating? Why do so many people today seem to be doing it? And are they happy with their decision to...

[www.psychologytoday.com](http://www.psychologytoday.com)

<https://www.epicureanfriends.com/thread/3480-emily-austin-seems-to-think-that-sex-is-an-extravagant-pleasure-aka-natural-but/?postID=32149#post32149>

I personally would use the phrase "natural but unnecessary" (rather than "extravagant pleasure") and what falls into that category depends on the given situation - and every situation is unique depending on the circumstances - so I wouldn't assign sex as being "natural and unnecessary" all across the board. I would label something as unnecessary if only if it causes (or results in) pain or disturbance, or it is very difficult to acquire -- and this would reflect an Epicurean method of "choice and avoidance".