

# Why Minimizing All Desire Is Incorrect (And What To Do Instead)

Post by “Cassius” of December 5, 2024 at 2:45 PM

## [Quote from Joshua](#)

What I am suggesting is that 'desire' is a word that we use to describe one particular kind of pain, just as 'headache' is a word used to describe another particular kind of pain.

Yep, I would definitely agree that it can be used that way.

But can it not ALSO be used in a way that is entirely positive and pleasurable, in which the pleasure of anticipation and preparation for the experience are every bit as enjoyable as the experience itself?

I think it can be used both ways. Where I see the Buddhists (or similar viewpoints) at fault is that they presume that the word desire can only be used to describe suffering, because at a very fundamental level they view life as inherently suffering.

Epicurus seems to me to be the opposite. Epicurus views life as inherently pleasurable, and it only ceases to be pleasurable when some specific pain intervenes.