

# "Pleasure" vs "Pleasant Experiences"

Post by "Kalosyni" of February 4, 2025 at 7:34 AM

This excerpt from the Letter to Menoecus got me thinking...

"For it is not continuous drinkings and revelings, nor the satisfaction of lusts, nor the enjoyment of fish and other luxuries of the wealthy table, which produce a pleasant life, but sober reasoning, searching out the motives for all choice and avoidance, and banishing mere opinions, to which are due the greatest disturbance of the spirit."

We need to pay attention to how we hear and understand words. If we say "Pleasure is the goal of life" it ends up leading to a skewed understanding of Epicurean philosophy, by putting too much emphasis on food/drink/sex...and because there are those people who function that way even now in our current times.

So my idea is saying this instead: "Pleasant experiences are the goal of life" which can still include enjoyment of food, etc. and has a more grounded feeling (and includes prudence) compared to "pleasure is the goal of life" which has a "swinging from the chandeliers" connotation (or the sex/drugs/rock-n-roll").

**"Pleasure is the goal of life"**

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**"Pleasant experiences are the goal of life"**