

# "Pleasure" vs "Pleasant Experiences"

Post by "Kalosyni" of February 4, 2025 at 8:41 AM

## [Quote from Cassius](#)

I don't see a way around explaining what Pleasure means in full, which is more than just sensual stimulation.

I firmly believe that Epicurean philosophy should be easily explained without having to re-define a common word.

In English the word "pleasure" currently has a specific meaning. And to the average person who has not studied the philosophy, it ends up conveying an idea that Epicureans just are just out to have a good time, and it very much is first understood as sensual stimulation or sensual gratification.

We use a different word for mental pleasure - it's called "enjoyment". And I feel like the phrase "pleasant experiences" encompasses both physical and mental pleasure.

Also, what is left out of "pleasure" is the use of reason to banish wrong opinions about the nature of life, the soul, death, etc.

So a goal could be to state all of that (enjoyment, prudence, and reason) in one succinct sentence.