

## **Episode 269 - By Pleasure We Mean The Absence of Pain (All Experience That Is Not Painful)**

**Post by “Godfrey” of February 23, 2025 at 4:40 PM**

In addition to what [Cassius](#) just said....

From the Epicurean point of view, no pleasure is an evil. But what can lead to more harm than good is to pursue unnatural desires, and arguably in some cases to pursue particular natural and unnecessary desires. Deciding which desires are worth pursuing is, of course, a matter of individual choice and avoidance.