

# Why pursue unnecessary desires?

Post by "Don" of May 5, 2025 at 9:56 PM

## [Quote from Kalosyni](#)

"What is my goal in life?" -- I would add more such as well-being, satisfaction, peace of mind, and pleasant abiding...in addition to pleasure (enjoyment) and happiness.

I would tend to concur with you, [Kalosyni](#) . My only tangent or adjacent thought on that is that all those (well-being, satisfaction, peace of mind (ataraxia?), and pleasant abiding) are, in fact, ALL pleasure per "absence of pain = pleasure" and "the feelings are two." So, the "goal of life" is pleasure, writ large.

The problem that enters in is that there are so many ways to define pleasure above the "pleasure/pain" dichotomy. I think that's why Epicurus can write (paraphrased) "the health of the body and the tranquility of the mind is the goal (telos) of a blessed life" and "pleasure is the goal (telos)" and "if indeed eudaimonia is present, we have everything; if eudaimonia is not present, we do anything to have eudaimonia."