

Sunday, June 8, 2025 - Discussion Topic - "Practice" In Relation To Pain, Pleasure, and Happiness

Post by "Kalosyni" of June 6, 2025 at 9:15 AM

[Quote from Cassius](#)

Cicero discussed the usefulness of "practice" or "exercise" or "experience" in handling pain - certainly bodily pain, at least. In this section he did not specifically criticize the Epicurean position, and the position I took in the podcast was that the Epicureans would likely have agreed with Cicero's point, which was largely to the effect that practicing certain types of exercise or other experiences can help prepare you to deal with pain when it arrives.

I hope that Cicero's slight wafting scent of "stoic" virtue-signaling (put forward as a remedy) will be addressed. 😊

It is one thing to be clear about the true nature of pain: short if severe, but still able to feel other pleasures when weak pain is present. And it is a very different (un-Epicurean) notion to "train" your body in a type of "exercise boot-camp".