

# What amount of effort should be put into pursuing pleasure or removing pain?

Post by “DaveT” of June 26, 2025 at 12:16 PM

[Cassius](#) I'm not clear how to work the copy paste of a quote but I'd like to chime in on your comment: **"The pleasures Don lists which can be achieved by "getting out of the way" of them is a valid approach if you are able to maintain those and have confidence in their continuance and your satisfaction with them, but there are also other pleasures that you will never experience if you do not pursue them vigorously."**

Yes, I agree with your overall comments, and those other pleasures might be the natural but not necessary pleasures.

I think about the possible foundations of Epicurus' teachings, and then how they might be adopted more widely. I guess he studied the beliefs of other philosophers, and looked around to see how people generally behaved on a daily basis. He must have seen how they tried to live well and avoid the anxiety of daily life. From what I've learned here in Epicurean Friends, his Garden included average people as well as intellectuals.

As I understand it, modern science is disclosing how our brains work, and it's not just a matter of paying attention to the teacher. Some among us can conceptualize to a higher degree, and intellectually discipline ourselves because of their particular brain structure. They are the lucky ones and not the average person. They have that capacity while the majority of people don't have the same ability to focus on the pursuit of higher pleasures. Making a living, raising a family, trying to be comfortable after a busy week takes up the majority of time for most of us, whether highly gifted or not.

So, I tend to appreciate the way [Don](#) addressed the more effortless process to pursue a happier life. I don't know how that way of life can be widely adopted unless monotheistic thought is abandoned widely. Thoughts?