

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

Post by “Patrikios” of July 6, 2025 at 10:14 AM

[Quote from Kalosyni](#)

[Quote from Don](#)

By struggling in an effortful way, one is adding an unnecessary level of pain. Sure, we choose pain sometimes for greater pleasure. My go to example is always exercise

Is effort always painful? (I don't think so myself).

Vatican Saying 41 hints at putting effort into things:

"We must laugh and philosophize at the same time, and do our household duties, and employ our other faculties, and never cease proclaiming the sayings of the true philosophy."

Thanks [Don](#) and [Kalosyni](#) for your perspectives on effort & pain.

While there can be pain in the effort to learn a new skill or a new exercise, there may come a time where the effort produces no pain, but joy in accomplishment. In some cases for those who have learned their skill well, doing yoga or even playing golf, is a joyful (not painful) effort. As one teacher said, “if you are feeling pain, you’re doing it wrong.”

[Quote from Rolf](#)

In other words, if one could achieve maximum pleasure with no effort, then there would be no reason to put in any effort. But since this is seldom, if ever, the case, my answer is “as much effort as it takes”.

I think that Epicurus was trying to give us the lessons for how to master the art of living well, by staying attuned to the nature and natural flows and movements.

So, how much effort does it take to be present in the moment, to live like a god, to live a life of wellbeing (eudaimonia)? Maybe a lifetime of daily, joyful effort, which reminds me of T.S. Eliot’s

words.

Quote

**“Quick now, here, now, always-  
A condition of complete simplicity  
(Costing not less than everything)”**

— T.S. Eliot, [Four Quartets](#)