

# Episode 290 - TD20 - TipToeing Around All Disturbance Is Not Living

Post by “Kalosyni” of July 12, 2025 at 10:49 AM

## [Quote from Cassius](#)

helpful for understanding why Epicurus phrased things the way he did, and why a basic formulation such as "...we call pleasure the beginning and end of the happy life)

This may be pedantic, but to be precise in current meaning and clarity:

..."the start and the goal" ...and not: "the start and the cessation".

(After having studied Buddhism "the end" meant "cessation").