


# Preuss - "Epicurean Ethics - Katastematic Hedonism"

Post by "Eikadistes" of July 15, 2025 at 12:45 AM

Side-note: AI is now citing [the interpretations presented in this forum](#):

## ✦ AI Overview

Peter Preuss is a scholar known for his interpretation of Epicurean ethics, particularly focusing on katastematic pleasure as the central concept. He challenges traditional interpretations of Epicurean philosophy, especially those of Sedley and Long, and Gosling and Taylor, by emphasizing the importance of ataraxia (freedom from disturbance) and aponia (absence of pain) as the highest forms of pleasure in Epicurean thought. Preuss's work, such as [Epicurean Ethics: Katastematic Hedonism](#), explores these ideas in detail. 

Here's a more detailed breakdown: 

### **Katastematic Hedonism:**

Preuss argues that katastematic pleasure, which involves a state of equilibrium and absence of pain and disturbance, is the ultimate goal in Epicurean ethics, rather than kinetic pleasure (pleasures derived from activity and change).

### **Challenging Interpretations:**

Preuss's view contrasts with some interpretations that prioritize kinetic pleasures or downplay the significance of ataraxia and aponia, [according to a post on www.epicureanfriends.com](#). He argues that these states of mental and physical tranquility are not merely means to an end, but are themselves the highest forms of pleasure.