

# Beyond Stoicism (2025)

**Post by “Cassius” of August 12, 2025 at 7:46 AM**

And I see that to prevent there being any ambiguity, the authors kindly spelled out in the final words before the chapter on Epicurus that the best kind of pleasure is absence of pain, *particularly of the mental variety* - so no need to worry about focusing any attention on bodily pleasures!!!

In the next chapter, we'll continue our pursuit of pleasure from a very different angle. Instead of focusing on bodily pleasures, we'll explore the viewpoint of Epicurus, who thought that the best kind of pleasure was the absence of pain, particularly of the mental variety.