

# Episode 295 - Plutarch's Absurd Interpretation of Epicurean Absence of Pain

Post by "Bryan" of August 26, 2025 at 4:30 PM

## [Quote from Rolf](#)

I experience no pain from not watching the movie

Of course boredom is a pain. Once your body is well-served, we are not expected to just stare at a wall for the rest of the day!

If a movie is your focus, just make sure it is enjoyable in the short and long term.

"Again, in the work *On Fulfillment*, [Epicurus] speaks in such a way 'for I myself am not able to conceive the good - removing the pleasures from flavor, or removing those from Aphrodisian activities, or removing those from auditory experiences, or removing those pleasurable movements from form in accordance with appearance'" (Athenaeus, *Deipnosophists*, 7.11, 280A)

From that basis, Epicurus (as we would expect) recommended mostly studying philosophy and physics in one's free time.

"...I recommending continuous activity in natural science and pacify myself particularly with such a life..." 10.37a