

Searching out the motives for all choice and avoidance

Post by “Kalosyni” of August 29, 2025 at 8:11 AM

This post and the one following (by Don) have been copied over from a different thread...to start a discussion on motivation for action.

[Quote from Rolf](#)

That said, sitting on a sun lounger at a resort sipping piña coladas for the rest of my days sounds absolutely awful and would certainly not leave me content.

Letter to Menoecus:

[132] "For it is not continuous drinkings and revelings, nor the satisfaction of lusts, nor the enjoyment of fish and other luxuries of the wealthy table, which produce a pleasant life, but sober reasoning, searching out the motives for all choice and avoidance, and banishing mere opinions, to which are due the greatest disturbance of the spirit."

[Quote from Rolf](#)

I forget who on here said it, but this reminds me a bit of something along the lines of “the perfect/best life is for the gods”. Us mortals are always going to have to compromise like this, and while we can live like the gods for certain periods, we must expect that pains will arise.

From Diogenes Laertius, "wise man sayings" section:

"They say also that there are two ideas of happiness, complete happiness, such as belongs to a god, which admits of no increase, and the happiness which is concerned with the addition and subtraction of pleasures."