

# **Sunday November 9, 2025 - Zoom Discussion 12:30 PM EST - Epicurus on Good And Evil**

**Post by “Martin” of November 13, 2025 at 3:40 AM**

The article "Hedonic Treadmill" presents some good to know items but falls short of sound advice.

"Given that set points are not always fixed, a person may also be able to reset it in a positive direction through persistent behaviors such as pursuing altruistic goals."

This is a red flag for BS. Pursuing altruistic goals for an extended period of time is a recipe for burn-out, superiority complex and other disasters.

An alternative usage of the term "hedonic treadmill" refers to seeking out ever "higher" thrills, which becomes counterproductive. Apparently, some introductory courses to philosophy try to use this to reject all hedonic philosophies. The Epicurean answer to that is to use prudence to avoid getting on the hedonic treadmill in that alternative usage. "Hedonic adaptation" is the better word for what the article means with "hedonic treadmill".