

Epicurus vs Aristotle: the Role of Reason vs Sensation Seeking?

Post by “Kalosyni” of December 8, 2025 at 7:10 PM

[Cassius](#) my question deals both with "the telos" and with the definition of "pleasure"...of course we have talked about these many times in many threads here on the forum.

Making a quick comparison between Epicurus and Aristotle could look like this:

Epicurus = "pleasure" is the telos (end) of the best life and the word "pleasure" leads most people to hear that Epicurus gave more importance to bodily sensation.

vs.

Aristotle = "living well and doing well" is the telos (end) of the best life and humans find their highest fulfillment in exercising reason, especially through contemplation.

[Don](#) Have you looked at Aristotle's book 10 ? (which is where the Google AI suggested).