

Is There A "Paradox of Hedonism"?

Post by "Cassius" of April 4, 2026 at 8:22 AM

Just a little more on this (admittedly largely repeating what I already wrote, but for emphasis):

[Quote from LAMAR 44](#)

This isn't me arguing against hedonism,

Consistent with what I wrote about above - there's no problem here in arguing against "hedonism." - I will help you in fact, given that I think it's a poor idea to talk about Epicurean philosophy as "hedonism" in any but very limited circumstances. Those who try to pursue or promote "hedonism" outside the framework of Epicurean philosophy -- especially the wider meaning of "pleasure" that Epicurus uses - do have the problems you are concerned about.

It would appear that somewhere you've picked up that there is in fact a "paradox of hedonism" and that's why I titled the new thread that way. No doubt you're right that a lot of people talk that way on Reddit and elsewhere, but there's no reason to accept the terminology of anti-Epicurean thought here at EpicureanFriends.com. It's no paradox - there's a straightforward way of addressing the question.