

Ongoing Discussion of Jack Gedney's "Untroubled" Substack Blog

Post by "Cassius" of May 29, 2026 at 9:30 AM

Those who are following the "Untroubled" blog on Substack will see that Jack Gedney has updated his comments on whether Epicurean philosophy is primarily about absence of pain. He has reworded his title to focus on Epicurus "emphasizing "reduction of pain," which is somewhat better than "primarily" but not by a lot. In fact he says:

Quote

There are other topics than pain reduction in the whole *philosophy*, and "reduction" is more precise than "absence"—the overall emphasis is on what can be done, not just an all-or-nothing insistence on achieving complete absence of pain. Overall, though, I think all variations of the "primarily" claim are worth considering and not dismissing out of hand.

I find that to be consistent with the primary tone of this article, which is largely a defense of his original position and a criticism of the response that I wrote on my own substack blog.

I'll have a lot more to say about this but in the meantime thought I would post this to update this thread. I expect that there will be a lot of things to say by many people, and this thread is likely to grow lengthy, but it's probably best for someone who wants to understand all the issues to have the entire discussion in one place rather than spreading it out over multiple threads. I'll probably reword the thread title to reflect that too.

Image not found or type unknown



[Did Epicurus Emphasize the Reduction of Pain? Of Course!](#)

Frank debate is a good way to the truth

www.untroubled.blog

<https://www.epicureanfriends.com/thread/5086-ongoing-discussion-of-jack-gedney-s-untroubled-substack-blog/?postID=40078#post40078>