

# Welcome AlteFrau!

Post by "Adrastus" of June 9, 2026 at 7:06 PM

## [Quote from Cassius](#)

Over time I hope we can nudge you to the view that there are two sides of this coin, and that focusing on pleasure as the ultimate goal is sounder and more effective than focusing on relief from pain. But there is a time and a place for everything, and there are times when relief from pain is the understandable priority.

Very very wise words that mirror my own experience of salvific effects on the psyche. Leaning into the cutting loose, which for me was in the music, dance and my family and friends was a way to escape the dour and elaborate sadness and on into healthful living, sound philosophic reasoning and ataraxic mindstates. Once that course is set, reasoning in the Epicurean way about events, people and life decisions comes to make more sense and we can do more avoiding pains through reasoning more towards what is actually pleasurable rather than restrictions or thoughts of denial... It Becomes more of a question of avoiding pain by "why would I ever not choose the more pleasant choice rather than the painful choice when there are so many benefits to living gently, with good humor and pleasantly?"

Welcome!