

"Health Hedonism - Why Feeling Good Is Good For You" - Book By Erica Oberg

Post by "Kalosyni" of July 27, 2026 at 8:08 AM

Thanks [Godfrey](#) for sharing. It ties in with: "And since pleasure is the first good and natural to us, for this very reason we do not choose every pleasure, but sometimes we pass over many pleasures, when greater discomfort accrues to us as the result of them: and similarly we think many pains better than pleasures, since a greater pleasure comes to us when we have endured pains for a long time. Every pleasure then because of its natural kinship to us is good, yet not every pleasure is to be chosen: even as every pain also is an evil, yet not all are always of a nature to be avoided." - Letter to Menoeceus.

You mention that you just started with the book and this is from the first section of it. I see that there are words/phrases such as "personal values", "moderation", "meaningful satisfaction"...and I think that these need to be unpacked and re-labeled according to Epicurean philosophy.

"personal values" - Where do these come from? And you might ask, How did these come to be "my" values? They are often instilled by parents, family interactions, school, childhood experiences and friends, and culture (pop music, books, movies), etc. Now, through the lens of Epicurean philosophy then we might ask how what we value relates to: "natural-necessary, natural-but-optional, and empty opinion" -- as it relates to what brings pleasure, joy, and long-term well-being. But also it seems that we will see certain patterns with regard to "values" such that everyone essentially will value the same basic categories if they want a life of feeling good and experiencing joy - financial sufficiency, exercise (movement), friends/family connections, etc.

"moderation" - moderation in everything, right? ...no, sometimes we need to not do something at all. And the reason is that when we firmly decide that something brings more pain than pleasure then we lose interest in doing that. And what about excess of something? Who determines what "excess" is? If it causes problems (or pain) then it is no good, but if it brings pleasure and well-being then it's a thumbs-up. So as Epicureans we don't need to even need to worry about adding in "moderation" because it is baked-into the feedback loop automatically when we choose things according to long-term well-being.

"meaningful satisfaction" - the word "meaningful" can have two main definitions: 1) anything that brings long-term enjoyment to me, 2) long-term enjoyable social connections and interactions with people