

Welcome Dubitator314

Post by “Dubitator314” of August 18, 2019 at 11:36 PM

Thanks Cassius. I am a co-leader of a Stoic group. In the course of time I became interested in their rival philosophy, Epicureanism. Not everything Epicurus said resonates with me, but the overall hedonistic claim that we all pursue pleasure and avoid pain seemed commonsensical. I once made the point in the group that we were all studying Stoicism because we thought that doing so would reduce mental pain in our lives. That it would lead to tranquility. In short, if we were honest with ourselves, in my opinion, we would admit that living virtuously was a means to an end. The end being to reduce pain and increase pleasure in life.

Since then I've been slowly reading more about hedonism. Right now I'm reading [*The Birth of Hedonism: The Cyrenaic Philosophers and Pleasure as a Way of Life*](#) by Kurt Lampe.