

# Thoughts on continuous pleasure, hedonic regimen

Post by “Godfrey” of August 30, 2019 at 1:32 AM

Regarding your points Cassius:

1, 3: Yes, we're in agreement.

2: I did read the chapter and much of the discussion seemed to depend on references of which I'm unaware. It's good to know why!

4: [Nikolsky](#) sounds like a valuable piece of the puzzle, I've downloaded that and will read it.

5, 6: I generally understand that Epicurus was responding to Plato and others but I haven't read [Philebus](#) and probably should find a Cliff Notes version to get the general idea. However I never considered that this was Epicurus's *primary* reason for discussing things as he does. Sitting here in 2019, studying philosophy of living, my motivations are far removed from philosophical competition. So it's quite helpful of you to point out his context. DeWitt does that quite a bit, but when reading his book I'm focused more on understanding the philosophy than the context.

## Quote

If not for the negative programming we have all received from religion and ascetic philosophies, much of this issue of pursuing pleasure and avoiding pain would all be pretty much a matter of "common sense" that a child would be ashamed not to understand.

This sentence of yours is exactly spot on! My frustration when writing this, which I couldn't articulate, is that it IS common sense. But at the same time the reason for my frustration is a lifetime in a culture inundated with religion and ascetic philosophies, so context, both of antiquity and of today, is indeed valuable.