

# Managing Expectations In The Study of Epicurus

**Post by “Don” of May 10, 2020 at 2:48 PM**

The [Wikipedia article on Pain and Pleasure](#) gives a very basic overview of the physiology in this area. The whole idea of nociceptors and dopamine seems like that whole immediate contact with the world without judgement that we've been talking around. [Elayne](#) may have more insight into this area.

I know Epicurus had no knowledge of this physiology but he did have his experience and knew they're was some kind of pre-judgemental component of pleasure and pain. Might be another way to get at these concepts.