

Gosling & Taylor, The Greeks on Pleasure.

Post by “Charles” of June 27, 2020 at 11:25 PM

[Quote from Godfrey](#)

The value of ataraxia is parasitic upon that of aponia, since the only ataraxia worth having is that which comes from pleasant memories and confident expectations of sensory pleasures of a painless kind. Thus the body's pleasures have pride of place.

This is an interesting point, for the longest time I had only considered that the static, or pleasures regarding ataraxia could only result from a recollection of previous pleasures, as noticed from Epicurus' Letter to Idomeneus. But having read other literature and sources that did not prove that this was necessarily so in every instance (Aristippus section from DL), it's always been clear that the two concepts are redundant, or at least aponia is, since ataraxia implies a state that pain would make impossible.

So then, the model of pleasure follows a route of continuous pleasure, found both in the sensory pleasures here and now, with the possibility of pleasure in the long run, or in the present when reflecting upon previous pleasures.