

Atlantic Article: There are two kinds of happy people

Post by “Don” of January 28, 2021 at 10:54 PM

<https://www.theatlantic.com/family/archive...ppiness/617847/>

Quote

I have found that most of the serious approaches to happiness can be mapped onto two ancient traditions, promoted by the Greek philosophers Epicurus and Epictetus. In a nutshell, they focus on enjoyment and virtue, respectively.

etc...