

As to the Term "Hedonic Calculus" or the "Calculus of Advantage"

Post by "Kalosyni" of March 1, 2022 at 11:35 AM

[Quote from Joshua](#)

"The poorest person in the world is the person with the..."

And now I am wondering about the happiest person?

The happiest person in the world is the person who:

1. Sleeps soundly and dreams good dreams at night
2. Wakes up feeling refreshed and enthusiastically leaps out of bed with a smile
3. Drinks a single cup of coffee with breakfast every morning and feels mentally sharp
4. Lives unknown yet surrounded by loving friends and family
5. Has an enjoyable work, craft, or hobby
6. Lives according to basic simple human needs (lives free from societal pressures for wealth, status, and fancy house and clothing)
7. Studies, or keeps in mind, the principles of a happy and pleasurable life together with like-minded friends and family
8. Every day does one or more pleasurable activities:
 - a. a meal shared with family/friends
 - b. an engaging discussion on wise philosophy
 - c. a conversation sharing of happy past memories
 - d. a conversation describing gratitude or savoring of a current good thing (a lovely view at the local park, beautiful flowers in bloom down at the street corner, the best cheese now available for purchase at the grocery store, etc.)
 - e. enjoying nature -- an enjoyable stroll either in delicious solitude, or as lively boisterous hike with friends

f. enjoyable sensations -- such as a bath or shower, and then the feeling of enjoyment of nice moisturizer or ointments for the body (even simply using coconut oil), a good stretch of the body, a nice cool glass of water on a hot day,....etc. etc. etc.

9. Feels at ease and content with life (is not troubled by stress, worries, fears, or feelings of being "too busy")

10. Has deep and supportive relationships with friends and family, which arise out of an agreeable disposition -- exhibiting kindness, friendliness, good-will, patience, curiosity, benevolence, honesty, trust-worthiness, and optimism, etc.

Is there anything else to add to this list?