

# **Can you seek happiness and be full of joy when there is a war in Europe? Wes Cecil podcast.**

**Post by “Kalosyni” of May 15, 2022 at 12:59 PM**

I found this podcast to be very good. He says: that if you are feeling pain of some kind then it will be difficult to feel joy (defined as your "native vitality") -- and this why Epicurus recommended the removal of pain. Very good points given with regard to Epicureanism. Also he said something along the lines: if you enjoy drinking, then drink as much as you want, but you really don't want to give yourself a hang-over. And other interesting points about why our culture looks down on the feeling of joy, while exulting hard work and stress in life.