

The Difference Between Happiness and Pleasure

Post by “Don” of January 27, 2023 at 9:39 PM

[Quote from Cassius](#)

have to think that a lot of the difficulty in discussions of Epicurus' views comes from failure to explain that "happiness" as a concept does not have a single precise definition.

The only general definition I'd offer is...

happiness (or eudaimonia or well-being...) is a life filled with necessary desires, taking pleasure in the everyday joys available too us, and fulfilling "extravagant" desires to create memorable moments ready at hand to be remembered, as well as a life free of worry and anxiety, with only the occasional pain to be endured, leading to a pleasurable life with friends by one's side.