

Fundamental Issues In Hedonism

Post by “Don” of December 10, 2023 at 10:30 PM

[Quote from BrainToBeing](#)

Mostly I was reflecting on the issue of "a happy life".

It's a great question, and, in many ways, comes down to "How do you define the word 'happy'?" The word translated as English "happy" in most ancient texts is eudaimonia. I like to translate that as "well-being" instead of "happy." Well-being is kind of a play on the word components of eu-daimonia, but that's into the weeds. "Happy" carries so much semantic baggage in English it can get in the way.

[Quote from BrainToBeing](#)

I believe Epicureanism has been challenged as advocating hedonism.

We have discussions on here all the time about Epicurus's "hedonism." Hedonism gets hung with "sex, drugs, and rock and roll" often, but it seems there are different brands. I believe Emily Austin describes Epicurus's philosophy as [psychological hedonism](#), "the view that the ultimate motive for all voluntary human action is the desire to experience pleasure or to avoid pain. Immediate gratification can be sacrificed for a chance of greater, future pleasure."