

# Scientific Support for Psychological Hedonism

Post by "Don" of April 23, 2024 at 7:11 AM

## [Quote from Cassius](#)

I would be "confident that I had made the best choice among the agreeable (or less disagreeable) available alternatives." I can make peace with using "content" in that context as part of the overall picture ("I am content that I did the best I could to choose among the available alternatives"), but I think in the current intellectual environment it probably makes sense to be clear about the full meaning of "content."

Well put. I can go with that, and that is the idea that I was getting at. I purposefully did not want to use "happy" because I don't want to use "happy" for eudaimonia. But your explanation shows how thorny of a problem it is trying to translate ideas across languages using a single word.