

# Welcome Dlippman!

Post by “Cassius” of July 7, 2025 at 4:05 PM

## [Quote from dlippman](#)

I find it fascinating that the ancient debate between Aristotle and Epicurus continues today in modern medicine—particularly in positive psychology's focus on Eudaimonia (Aristotle) vs Hedonia (Epicurus).

In addition with the problem of abstract ideals that you mentioned, I suspect that at least part of that debate still revolves around the question of what "happiness" really means. Just like "Virtue" being hard to define, it's much easier to understand happiness as pleasures predominating pains (each term broadly defined), than it is to try to itemize exactly what qualities "happiness" divorced from pleasure would really mean, or why they should be pursued.

Again great introduction and thank you for the kind words about the podcast.

This week's isn't going to be ready to post for several days, but we're entering a section of Tusculan Disputations that brings the Epicurean objections to the positions taken by Stoics and others on many emotional questions into sharp focus.