

# Causes of Happiness

Post by “Patrikios” of May 1, 2026 at 8:49 PM

[Lowri834](#)

Here is another supportive quote from the book I am reading, [Epicurus and the Pleasant Life \[2nd Edition\]](#).

Quote

*Epicurus’s approach to happiness combines genetics and free will.<sup>8</sup> The appeal to animals and infants as witnesses of the innate dispositions of living beings is a confirmation of the genetic influence over our well-being. For example, **the pleasure we take in eating** is an effective way to secure that the body will get the nutrition it needs to be **healthy**.*

Living with a healthy body and a calm mind leads to our life of well-being - happiness.