

# **Eudaimonia and Makariotēs in the Letter to Menoecus**

**Post by “Kalosyni” of May 30, 2026 at 5:24 PM**

This thread is for cross-referencing and further discussion on the blog article:

# Eudaimonia and Makariotēs in the Letter to Menoecus



Blog Article

## [Eudaimonia and Makariotēs in the Letter to Menoecus](#)

# Eudaimonia and Makariotēs in the Letter to Menoecus

Blog article by Kalosyni - The following is based on material developed for the Epicurean Ethics study group

## 1.1 Eudaimonia (εὐδαιμονία): Happiness and Well-being

Among the surviving writings of Epicurus, the *Letter to Menoecus* provides a summary of his ethical philosophy. At the heart of the letter stands the Greek word *eudaimonia* (εὐδαιμονία), commonly translated as "happiness," "well-being," or "human flourishing." The Greek term *eudaimonia*...



Kalosyni

May 30, 2026 at 4:11 PM