

Eudaimonia and Makariotēs in the Letter to Menoecus

Post by “Cassius” of May 30, 2026 at 5:28 PM

[Quote from Kalosyni](#)

For Epicurus, happiness is not a temporary feeling of pleasure or excitement but a stable condition of living well. In Epicurean thought, it refers to a life that is complete, satisfying, and free from suffering. It is not merely an emotion but an enduring state of flourishing.

In regard to "free from suffering" that does not mean *totally* free, right, because we have the example of Epicurus bring happy on his last days while still under great pain?