

# Eudaimonia and Makariotēs in the Letter to Menoecus

Post by “Don” of May 31, 2026 at 12:30 PM

## [Quote from Kalosyni](#)

Don Your post got me thinking...perhaps we need to consider that there are "four feelings"...

1. Feelings of mental pleasure
2. Feelings of mental pain
3. Feelings of bodily pleasure
4. Feelings of bodily pain

I see where you're going. I would say more like:

1. Feelings
  1. Pleasure
    1. Mental
    2. Bodily
  2. Pain
    1. Mental
    2. Bodily

The words Epicurus used can sometimes cover all pain, both physical and mental. But there is still only pain and pleasure as ways to experience the world, with innumerable ways within those two.