

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

**Post by “Don” of May 31, 2026 at 4:12 PM**

I see where you're going, but to my mind there are strictly "mental" pains and pleasures, like:

- Dreading a public speaking engagement
- Anticipating a vacation
- Obsessing over an interaction you think went poorly
- Remembering a conversation with a friend

And similar mental thoughts that at least start in the mind. The dread can make you nauseous physically. The memory can feel "warm." But I would categorize these primarily as mental pleasure and pain.