

The Difference Between Happiness and Pleasure

Post by “brett” of January 13, 2018 at 7:43 PM

Let's say I have a 1974 VW Super Beetle that I LOVE to work on (All true). I tore the engine apart to the last bolt last summer. It was a PAIN IN THE BUTT. I tore up my knuckles, made some costly mistakes, and swore a lot. But in the end, I had SO MUCH fun and enjoyment working with my friend to get it back together, running like a top, and even boosted it to a record shattering 80 horsepower!...:-)

It seems to me that Epicurus would applaud my work on this car as contributing to my happiness. Sure, I had my fair amount of pain, but it was very pleasurable to do.

If I had, however, dipped into my 401k, emptied my savings, or took food off the table for my family, this joyful enterprise could have been just the opposite. In that case, it would have been a pleasure with a significant mixture of present and future pain. What I found enjoyable would have contributed to significant future pain for me and my loved ones.

Sure, I didn't NEED to undertake this enterprise, certainly not a necessary or really natural need, but it was something that i loved doing and added pleasure to my life.

Brett