

# Atlantic Article: There are two kinds of happy people

Post by "Don" of January 29, 2021 at 8:27 AM

Quote

(Seneca's Letters - Book II - Letter LXXXV)

Epicurus also decides that one who possesses virtue is happy, but that **virtue of itself is not sufficient for the happy life, because the pleasure that results from virtue, and not virtue itself, makes one happy.**

It's not a matter of balance. "Virtues" are instrumental.

Quote

Fragment 70. Beauty and virtue and such are worthy of honor, if they bring joy; but if not then bid them farewell!