

Various ideas of happiness

Post by “Godfrey” of August 13, 2021 at 2:26 AM

There has been some discussion here as to how to define "happiness." Here is a brief article discussing how happiness is thought of in different cultures:

<https://www.theatlantic.com/family/archive/2021/07/happiest-country-definition/619441/>

Four different models of happiness:

- Happiness comes from good relationships with the people you love
- Happiness comes from a higher consciousness
- Happiness comes from doing what you love, usually with others
- Happiness comes from simply feeling good.

A point made in the article is that you can't rank happiness, but you can classify it. It brings to mind the subjectivity of happiness, which in turn makes it difficult to define.