

# Various ideas of happiness

**Post by "Godfrey" of August 13, 2021 at 3:52 PM**

To me, "life as the greatest good" is a fruitful thing to ponder but I probably wouldn't call it Epicurean, at least as I'm thinking about it at the moment. It begs the question "how do I respond to what is precious to me?" Some replies are: study it, appreciate it, respect it, use it fully, preserve it, learn from it, enjoy it fully.... Also, being overprotective of what is precious can lead to pain.

As an Epicurean I would turn to the guidance of pleasure/pain to understand how to deal with something precious to me: this emphasizes the faculty of Feelings and therefore that maximizing pleasure would be my "goal" in interacting with the precious thing. But a Stoic, for instance, might use virtue or duty as a guide or an end. This could bring them pleasure, but also great consternation.