

The Atlantic: How to Build a Happy Life, episode 1

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https://youtu.be/_OslCXZ4lTY

I am struck by how Epicurean this sounds! I'm thinking this is more " How to Build Eudaimonia." But the part where they talk about listening to your feelings seems to me spot on! The discussion of experiencing pain but not seeking it out. The importance of friendship. It'll be interesting where this goes, but this first episode strikes a very Epicurean tone. Part of me thinks it could go off the rails, but enjoy this one. I'm really tempted to post a comment since there's only 4 right this minute to not this.