

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

Post by “Kalosyni” of September 25, 2021 at 9:17 PM

I started watching just a bit of it...and had some ideas to share...Brooks says happiness is not a feeling...but then goes on to say it is enjoyment, satisfaction, and purpose...and then they both reframe "pleasure" as "enjoyment" (they might think pleasure maybe is too animalistic? ...but pleasure is in the body whereas enjoyment is in the mind).

Since I don't know yet how he goes on to define each of those... but have some thought come up... would say there might be something to "happiness" having several components. And possibly satisfaction is a mental story that you tell yourself after the pleasurable event is over. As for purpose I think that is really the human connection aspect of life. And yet there are ideas in current society that you "should" accomplish something in your (as well as the idea that progress occurs). But for an Epicurean... a purpose = to share in pleasurable experiences with others? Because pleasure is usually more pleasurable when shared and enjoyed together with others.

Anyway I may or may not watch the rest of this video...though curious how it all gets defined.

I am now remembering the Berkeley "Science of Happiness" online class (I took a few years ago). Which was very good, but was unable to implement some aspects.

[The Science of Happiness Course](#)