

# Atlantic Article: There are two kinds of happy people

Post by "Kalosyni" of June 22, 2022 at 8:47 AM

I discovered this article yesterday, and now I see it already has a thread on the forum thanks to [Don](#).

<https://www.theatlantic.com/family/archive/2021/01/how-balance-hard-work-and-pleasure-happiness/617847/>

## [Quote from Don](#)

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

That the virtues are instrumental is important to think about for anyone reading the article.

Also, we can see some of the popularized, over-simplified, and incorrect ideas about Epicureanism -- it claims Epicureans are seeking a happy life based on freedom from mental disturbance and absence of physical pain -- yet when we see the big picture through study of the entire Epicurean teachings, then we see that this not the full story -- we are also intentionally moving toward pleasure and enjoyment.

The article implies that Epicureans aren't seeking meaning in life -- but I would say that for myself I am finding meaning in studying Epicureanism and helping others study Epicureanism, as well as reclaiming pleasure as the goal of life and helping others do so as well -- so once again it is that the virtues are instrumental toward pleasure and happiness.