

# Episode One Hundred Thirty-Four - The Letter to Menoecus 01- Context and Opening of the Letter

Post by “Kalosyni” of August 7, 2022 at 12:11 PM

Post-show notes:

On the meaning of the word eudaimonia, from [Wikipedia article, which contains entries on Classical/Hellenistic philosophical understanding of the word.](#)

**Eudaimonia** (Greek: εὐδαιμονία [eudajmonía:]; sometimes [anglicized](#) as **eudaemonia** or **eudemonia**, /ju:di'moʊniə/) is a Greek word literally translating to the state or condition of 'good spirit', and which is commonly translated as '[happiness](#)' or '[welfare](#)'.