

# Social Media - Facebook

Post by "Cassius" of September 29, 2022 at 10:27 AM

I almost want to laugh out loud:

## Happiness

There are three states Epicurus considered to constitute happiness. <sup>[1]</sup>

### Factors for Happiness

1. Tranquility
2. Freedom from [fear](#) (ataraxia)
3. Absence of bodily pain (aponia)

It is this combination of factors that would, ultimately, allow people to experience happiness at the highest level. Although it may seem impossible to attain or sustain, there are people who follow epicurean beliefs and seek to experience this level of happiness in their lives.

How do you set up an outline of Epicurean happiness without ever mentioning "pleasure"?

But after laughing out loud it really make me mad, or better stated, resolved to do as much as possible to improve the situation. This isn't just innocent misunderstanding or misrepresentation. It's the result of trying to be all things to all people, and of trying to say to all the hard-core religionists and absolutists of the world:

"You don't have to put aside any of your current beliefs, YOU TOO can profit from Epicurus without changing a single thing in the way you think!"