

# Social Media - Facebook

Post by "Kalosyni" of September 30, 2022 at 10:22 AM

## [Quote from Cassius](#)

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.

Right! And so how would we list The Factors of Happiness?

-- the study of philosophy (and right understanding of death/God/choices & avoidances, etc.)

-- good friends

-- the daily fullness of pleasure

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