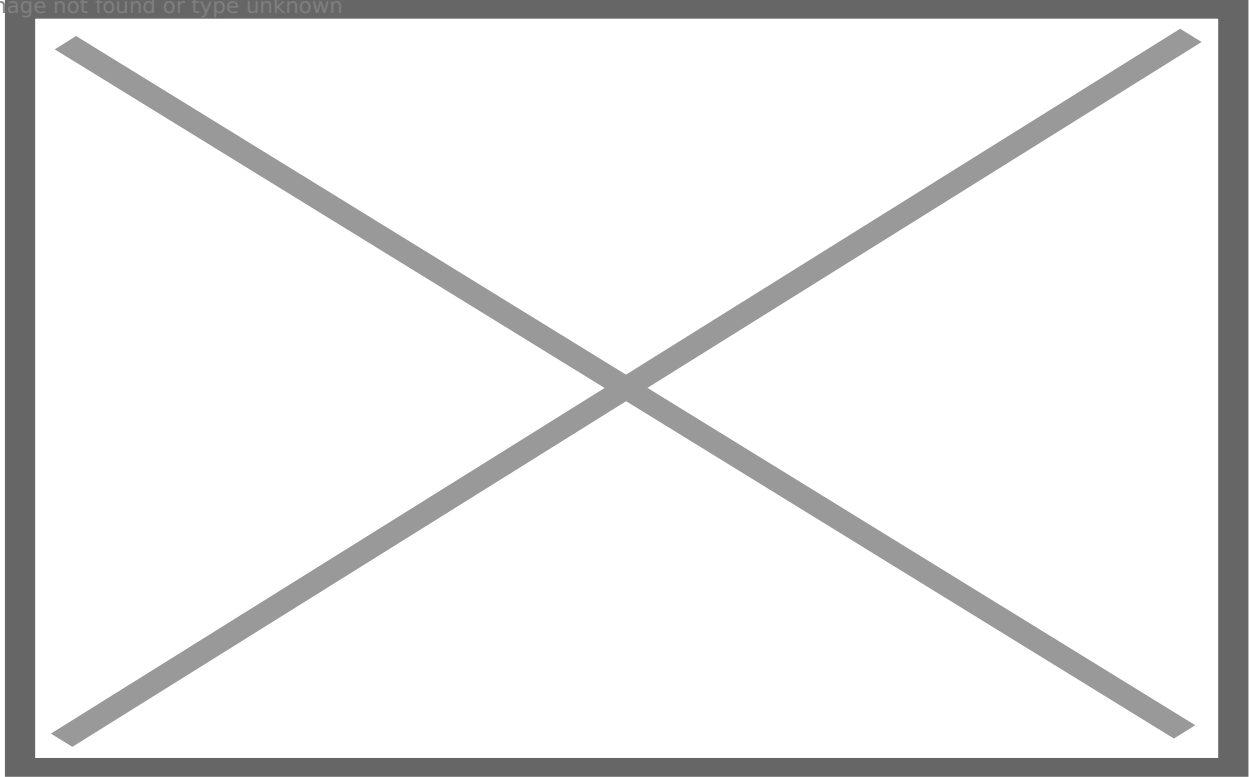


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Post by "Don" of September 30, 2022 at 3:29 PM

For consideration:

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[What Is Happiness and Why Is It Important? \(+ Definition\)](#)

Do you think happiness is the same thing to you as it is to others? Find out!
positivepsychology.com

<https://www.berkeleywellbeing.com/happiness-definition.html>

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[What We Get Wrong About Happiness, According To A Real Happiness Professor](#)

There's a Yale class that teaches students how to be happy. We asked the instructor to share some of her lessons.

www.huffpost.com

Commentary:

I come back to the Greek (big surprise) with *eudaimonia* instead of English "happiness." I know Cassius isn't keen on using untranslated Greek words but I think words like *eudaimonia* or *ataraxia* can also jolt us out of preconceptions and make us reexamine what we mean when we use an English word casually. I don't think "well-being" is exactly synonymous with "happiness." I think a sense or feeling of well-being can be more stable while happiness can be fleeting. But maybe that's just me. I think that's why it is SO important to know what word is used where in

texts when translations use "happiness."