

# **New Member Zoom Meeting**

**Post by “Kalosyni” of December 15, 2022 at 2:19 PM**

I think both of these are good introductory videos, which each have their own flavor. And I favor the "Five-pointed Star" as a very good overview, possibly good for putting into the Epicurus College.

Interesting quotes: "Happiness is best thought of here as the consciousness of pleasure predominating over pain" -- and -- "Pleasure over time which is what we come to conclude is the best definition of happiness".

Would you define happiness differently now?