

Welcome Curt!

Post by "Kalosyni" of March 26, 2023 at 6:40 PM

[Curt](#) welcome to the forum! 😊

[Quote from Curt](#)

I'm just trying to find happiness in life, to hopefully alter my view along this endeavor.

Yes, sounds like something we all want. And yet, if you don't mind, I am curious what you mean when you use the word "happiness"? If you had to be more specific about it...

What specific kinds of feelings do you want to have more of, and in which specific situations?

...at work? (maybe engagement, enthusiasm, etc.)

...with friends? (maybe love, understanding, enjoyment, etc.)

...with family? (maybe closeness, appreciation, fun, etc.)

...or in other situations?

I just found this thread, which might be of interest to you:

Thread

[On "Happiness" As An Abstraction / "Pleasure" As a Feeling](#)

[Admin note 1/11/21 - Something has happened the image from the autarkist blog referenced below. I'll try to reconstruct what the image was, but in the meantime the article referred to is [probably this one](#).]

Some time ago Hiram pointed to a book by Lampe entitled "The Birth of Hedonism" and made this statement on his Autarkist blog:

[epicureanfriends.com/wcf/attachment/1594/](https://www.epicureanfriends.com/wcf/attachment/1594/)

I have been wanting to track that down and finally today I found the page which is being referenced here:

...



Cassius

October 1, 2019 at 12:13 PM