

# Philodemus of Gadara - Main Biography

Post by "Pacatus" of November 30, 2023 at 5:32 PM

[Don](#) I simply take it as a correct and valid belief that *hedone*, *aponia* and *ataraxia* (taken together) are not merely the keys to eudaimonia – but **define the very contours of eudaimonia**. Not because Epicurus said so, but because the arguments he presented conform to the most reasonable (to me) assessment of the evidence from nature and science – and I cannot imagine what else eudaimonia could be (other than some abstract ideal notion, which is simply taken as axiomatic, beyond the reach of empirical investigation). As Mr. Monk always said: "I could be wrong – but I don't think so." 😊

[Note: I am (slowly) re-reading Haris Dimitriadis' chapter on "The Biology of Happiness": Chapter 3 of his *Epicurus and the Pleasant Life: the Philosophy of Nature*.]

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Mr. Monk: from the TV detective series "Monk." 😊