

Is the Epicurean Always Happy?

Post by “Kalosyni” of February 17, 2024 at 9:26 PM

I just wrote this in a new list on [my personal outline](#) thread:

"Pleasure and pain has natural limits because it is subject to increase and decrease, but we can learn to extend feelings of pleasure through cultivating a feeling of contentment through the memory of past pleasures, as well as gratitude for healthy functioning and the experience of being without pain."

So happiness (as a feeling of mental pleasure) comes and goes, but we can learn to extend it through cultivation of contentment.