

Is the Epicurean Always Happy?

Post by "Titus" of February 19, 2024 at 3:15 PM

[Quote from Cassius](#)

It may be that one's mix of stimulative pleasures and pains changes constantly, but if you are wisely philosophical about life then you are constantly appreciating that you are alive and that certain parts of your mind and body are functioning well even while others are not, and you consider yourself happy no matter how bad the temporary painful stimulations are because, all things considered, you focus on the many types of pleasures available to you while you are alive, and you realize that stimulative pains are short if intense and manageable if long.

EP is like a toolbox which enables us to fix any broken part. Knowing to have such a powerful item in your hands, you're able to confront any given difficulties with a positive attitude. Therefore one could say, happiness is always within reach.