

The word "eudaimonia" according to Epicurus

Post by "Kalosyni" of April 18, 2024 at 2:24 PM

The word "eudaimonia" comes up in the Letter to Menoeceus, in the Torquatus section of Cicero, and on the wall of Oinoanda. Can we say that Epicurus believed that both pleasure AND happiness were simultaneously the goal of life? Or would we say that eudaimonia is the same as pleasure?

It seems that eudaimonia isn't just a fleeting emotion of giddiness that arises when you get something that you want, but instead it is an expansive sense of fulfillment and completeness.

The word "complete" comes up in the PD's and VS's... [Don](#) or [Bryan](#) if you click on the note below you can see the Greek word μακαρία is used, which is a different word than eudaimonia. (Yet how things are translated depends on the translator).

[PD27](#) (Saint-Andre translation)

Of all the things that wisdom provides for the complete happiness of one's entire life, by far the greatest is friendship. [[note](#)]

ὧν ἡ σοφία παρασκευάζεται εἰς τὴν τοῦ ὄλου βίου μακαριότητα πολὺ μέγιστόν ἐστιν ἡ τῆς φιλίας κτήσις.



The Love and Practice of Wisdom



Let no one put off the love and practice of wisdom when young, nor grow tired of it when old. For it is never too early or too late for the health of the soul. Someone who says that the time to love and practice wisdom has not yet come or has passed is like someone who says that the time for ***eudaimonia*** has not yet come or has passed. Young or old, it is necessary to love and practice wisdom, so that in old age you can be youthful by taking joy in the good things you remember, and likewise in youth you can be mature by not fearing what will come. Reflect on what brings ***eudaimonia***, because if you have that you have everything, but if not you will do everything to attain it.

Do and practice, then, the things I have always recommended to you, holding them to be the stairway to a beautiful life.

- from the Letter to Menoecus