

Gassendi On Happiness

Post by “Patrikios” of November 11, 2025 at 12:46 PM

[Quote from Cassius](#)

In general, my summary would be that this is an essential article for anyone who wants to understand Epicurus and how we got to where we are today in appraising him.

[Cassius](#) Thanks for that analysis as you read through those 70 pages on #**Happiness**. I liked how Gassendi gives some added perspective on dealing with pain.

Quote

*For there are things like fire and torments that he would wish not to suffer from, things he would much rather not have come his way. But when they arrive, he considers them as inevitable evils, and he **endures them steadily**; so that he can say 'I burn, it is true, and I suffer, I sigh sometimes and let my tears flow, but I do not succumb. I am not vanquished and **I do not let myself enter into a cowardly despair that would render my condition even more miserable.**'*

This describes how we should prepare mentally for difficulties ***before*** they arrive. Gassendi describes how the courageous person thinks through pain in advance: "*great pains usually end quickly, slight pains have breaks, and moderate pains are within our control.*" This mental preparation itself brings pleasure—"the deep satisfaction of knowing circumstances won't conquer you."

This appears to be an application of VS47, to anticipate future pains - both physical and mental pains.

"**VS47.** *I have anticipated thee, Fortune, and I have closed off every one of your devious entrances.* "