

What Would An Epicurean Use In Their Toolkit For Making Their Hedonic Calculus?

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I think since epicurean philosophy is material(matter science not money) and empirical. Also the fact that it states you need motion in order to create joy. I thought to add Newton's equal force law to fight the cycle of depression. So doing more especially activities that you enjoy and science shows is best for neurotypical humans to be happy we create more joy and help get rid or cope better with depression. But we also have to remember that we can't have too much of a good thing as epicureans state too. The belly doesn't require unlimited filling. Or about ascetic and extravagance that we need moderation in all things.