

Should the Study of Modern Psychology and Positive Psychology be Encouraged?

Post by "Don" of May 16, 2026 at 6:09 AM

I was curious to check what I've thought in the past on this topic. Here are some selections:

Post

[Positive psychology article of the science of gratitude](#)

<https://positivepsychology.com/neuroscience-of-gratitude/>

See also

<https://www.mindful.org/what-the-brain...bout-gratitude/>



Don

November 27, 2024 at 8:27 PM

Post

[Ologies episode on Eudemonology](#)

<https://www.alieward.com/ologies/eudemonology>

Ologies is a fun, informal, eclectic podcast that I listen to when the topics interest me. I was aware of Dr. Laurie Santos, director of the Happiness Lab at Yale, instructor of the Happiness course in Coursera, and currently the go-to expert on research on happiness and positive psychology. I don't always find her compelling but feel it's important to keep up with the research to see where it parallels or echoes Epicurean philosophy. I also found...



Don

September 10, 2021 at 7:48 AM

Post

[RE: Episode One Hundred Thirty-Nine - The Letter to Menoecus 06 - Pleasure Part Two](#)

[...]

I'm curious if you're "for" the idea of flow being connected somehow to katastematic pleasure

<https://www.epicureanfriends.com/thread/5087-should-the-study-of-modern-psychology-and-positive-psychology-be-encouraged/?postID=39795#post39795>

or "against" the idea 😊 I'm legitimately unsure from the way you worded that.

I also think there's some connection between mindfulness and ataraxia/aponia. [This excerpt from this article](#) makes me go "Hmmm?"...

[...]

I do think ataraxia happens here and now, a calm abiding in the present moment. I'm especially intrigued by that "flow happens during pleasant experiences."

For those unfamiliar with flow,...



Don

September 14, 2022 at 7:20 PM

Post

[RE: Why Does Stoicism Seem to Be More Popular Than Epicureanism, Especially In England?](#)

I put this in the wrong thread at first. Mea culpa!

Copied from the other thread:

I found some notes of mine in my Google Drive relating to positive psychology. PLEASE note, these were not for public consumption, but I thought the raw notes would give an idea where my head was at at the time:

[...]

And in looking at this again, I think that some Positive Psychology research may be of interest and use from an Epicurean perspective. That specific article that I linked to just struck me the wrong way.



Don

October 3, 2020 at 6:54 PM

That last whole thread looks interesting in light of the current thread. I find it interesting to go back and look at what I've said in the forum in the past on any given topic. I don't know if it's positive or negative but overall I seem to have remained surprisingly consistent (I think) even with longer and deeper study and appreciation of the philosophy. Or maybe I'm just obstinate

