

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

Post by “Patrikios” of May 22, 2026 at 5:51 PM

[Quote from Pacatus](#)

Haris Demitriadis discusses a range of modern psychology in his book *Epicurus and the Pleasant Life: A Philosophy of Nature* – from Freud to existential psychology to cognitive psychology – to the positive psychology of, especially, Mihaly Csikszentmihalyi (Chapter 7: “The Psychological Approaches to Happiness”). On “positive psychology,” he comments: “Positive psychology focuses on the achievement of a pleasurable life, rather than on treating mental illnesses.”

Thank you [Pacatus](#) for referencing the Demitriadis book (2nd edition). I am currently reading his book, and I find his references helpful in how “positive psychology” research reinforces the basic Epicurean principles.

[Kalosyni](#) ,

Thanks for your question. As was mentioned, I too feel that would be optional. For me I find it very helpful to read some of the practical ways “positive psychology” advises on actions to reduce mental stress, based on recent research data.