

Eudaimonia and Makariotēs in the Letter to Menoecus

Post by “Don” of May 30, 2026 at 6:53 PM

[Quote from Kalosyni](#)

[Quote from Cassius](#)

Same question - must one be totally free of mental suffering in order to be happy?

Thanks for asking...

No, but free from unnecessary mental suffering.

Agreed. Once the false beliefs of the gods, death, and similar ones, we can have a firm foundation free from unnecessary mental pain, fear, and anxiety.