

Comparing Modern Ideas vs Epicurean Ideas on Well-being and Joy

Post by “Patrikios” of June 23, 2026 at 3:19 PM

[Quote from Kalosyni](#)

A life of well-being and joy is built on a balance of physical health, meaningful connections, and personal fulfillment. Rather than a single path, it combines daily habits and long-term practices that nourish your mind, body, and spirit.

Here is a list of the foundational elements that have been found to lead to lasting joy according to modern psychology:

[Kalosyni](#)

Once again, you find lovely ways to remind us just how relevant the Epicurean teachings are to living a modern healthy life filled with eudaimonia!

It appears that each of those 4 major groupings and most all of the sub-topics could be filled in with Epicurean quotes.

WDYT?