

Pleasure vs Happiness (?) Discussion of Hiram's "In Defense of Eudaimonia"

Post by "Todd" of October 21, 2019 at 12:27 PM

[Quote from Cassius](#)

no one understands "happiness" or "eudaimonia" in the Epicurean way

You paint a bleak picture, Cassius, but I don't think things are quite as bad as that.

I think most people DO understand happiness in the Epicurean way, although they may not articulate it in the same terms.

I'm sure you know this, but I'll say it for the benefit of others who may come across this thread. Many of Epicurus' ideas on pleasure can be understood as *descriptive*, not normative. It's not that we *should* pursue pleasure. We *do* pursue pleasure. We almost can't help it. But when we're not conscious of that, it's easy to be misled as to the appropriate means for achieving the end. And that, to me, is the great value of Epicurus' philosophy. (To give credit where it's due, I probably read this in DeWitt, but I can't recall).

Don't be so pessimistic! 😊