

# The Difference Between Happiness and Pleasure

Post by "brett" of January 13, 2018 at 5:45 PM

hi all,

Been following the FB thread today and it got me thinking about the difference between happiness and pleasure.

I generally take happiness to be a state of absence of mental disturbance and the presence of contentment or pleasure. I generally take pleasure to be a positive feeling in body or mind. One can be happy without being in a state of bodily pleasure, but not without some sort of mental pleasure. Not sure that jives with an epicurean understanding of pleasure and/or happiness.

Curious the thoughts of others.

Best

Brett