

# The Difference Between Happiness and Pleasure

Post by "Hiram" of January 14, 2018 at 10:25 AM

This is a very ancient discussion. I wrote on it when discussing the first Cyrenaics:

<https://theautarkist.wordpress.com/2016/07/10/cyr...us-the-younger/>

"Lampe thinks that Cyrenaics are eudaimonics (believed in happiness as the end, not just pleasure), but most scholars disagree. It's likely that a variety of views existed within the school regarding the end. One of the key arguments for hedonism (i.e. pleasure as the end) in its inception had to do with how pleasure is not the same thing as happiness. Pleasure is an instance, happiness is a collection of pleasures, and as such happiness is therefore an abstraction, a platonized alternative to the real experience of pleasure. This argument is interesting, and still generates debate and various opinions today."

<https://www.epicureanfriends.com/thread/283-the-difference-between-happiness-and-pleasure/?postID=534#post534>