

The Difference Between Happiness and Pleasure

Post by “Hiram” of January 14, 2018 at 10:47 AM

[Quote from Cassius](#)

Hiram I looked at your page - is that a QUOTE from Lampe, or your summary. If a quote would be good to keep this for regular use.

And if not a quote, STILL good for regular use! 😊

It's a quote of myself in the book review.

Lampe has many VERY good direct quotes, though, and his book can help us to train people in techniques that are specifically used to maximize pleasure. Things like Cyrenaic "presentism" (they trained their followers to be in the present, not only to resist otherworldly fancy but also to enjoy the moment, and this idea of philosophizing with our feet on the ground is an important one that we haven't capitalized enough), and a Cyrenaic virtue of adaptability which implies putting "**less faith in his ability to control what happens in the future than in his ability to adapt to it**".