

# Glossary - What is the Epicurean Definition of "Pleasure?"

Post by "Mike Anyayahan" of January 17, 2020 at 11:30 PM

[Quote from Charles](#)

Which is why practice and translating our words into living actions is of extreme importance 😊

Gotcha! Action speaks louder than words. The application of Epicureanism in all aspects of our daily life will best define happiness and pleasure. Besides, Epicurean philosophy is straightforward and not as abstract as that of Plato, Kant, or Hegel. It's ethics is obviously practical, hence not complicated to practice.