

NI: 0010

TRACCIA N.4

"Epicur: the father of happiness"

Epicur is considered undoubtedly the father of happiness. With his "epicureism" he showed the road for the well living to many poets and ~~persuaders~~ ^{thinkers} of different epochs. His ~~idea~~ ^{ideal} of well ~~being~~ living is illustrated in the "Letter to Menecæus", a dialogue in which Epicur shows how to find happiness using ~~as~~ a single way: ~~the~~ philosophy.

In this essay I will motivate why ~~the~~ philosophy is ~~as~~ the ~~only~~ effective way to reach happiness and ~~the~~ ~~disprove~~ why happiness is so fundamental in our lives.

"Know yourself"

First of all, we have to think about why Epicur affirms that philosophy is the ~~only~~ ^{principal} way to reach happiness, and to answer to this question we can consider ~~what that~~ Socrates ^{that said} ~~Socrates~~ we cannot live a life without ask questions. Effectively we cannot imagine a life ~~as~~ without them, it seems empty, and this because we need questions to know what happens around and inside us. ~~become~~ About that, Socrates affirmed ~~is that~~ that we "have to know ourselves first, and this is the main aim of philosophy."

Exactly for this reason Epicur sustains that philosophy is important both for young and ~~old~~ ^{old} people. ~~They~~ ^{we} can live ^{in a} ~~in a~~ ^{proper} way ~~there~~ ^{through} our lives only growing our knowledge that maintains even in oldness, the health of our souls.

But ~~asking~~ ^{asking} questions was important also for Niccolò Guesano, who with the theory of the "docta ignorancia" ~~that~~ ^{he} affirms that the wise comprehends that more questions he ~~can~~ ^{can} asks and more he knows, more he realizes that he ~~can~~ ^{is} not wise at all.

"A life towards happiness"

A question about we have to think about is: is happiness really that necessary in our lives?

For Epicurus we live a proper life only when we are happy, therefore we tend to search happiness if we don't have it. In effect we always want to find calm in our lives, but many preoccupations ^{like the fear of death} distract us from this need.

~~Although of this~~

Although of many life problems that Epicurus resolved with the ^{use} ~~theory~~ of the tetrapharmakon, we however tend to happiness, because there is no other way to live well but without any preoccupations or motive of sadness.

"The ^{right} moment for the happiness"

At the end of what ~~it~~ ^{it is} written, I can be ~~affirmed~~ ^{affirmed} that not everyone at every age can practice philosophy, but this is incorrect. Epicurus himself, comparing philosophy and happiness states that ~~affirming~~ is the equal to affirm that there is a specific time in our lives to practicing philosophy and to be happy ^{as well}.

But ~~what~~ when comes the opportune moment?

We ~~wonder questions during all our lives~~ practice philosophy during all of our lives, ~~never~~ asking questions ~~and~~ ^{and} ~~being~~ and searching happiness either as an infant and as an old man or woman.

Philosophy, and so happiness are fundamental in our lives because they are a part of us.

CONCLUSION

So is philosophy the key for the happiness? We ~~also~~ found ^{why} they are both important, and we can sustain that philosophy gives a sense to our lives and this gives happiness to it.

~~Self~~ Philosophy and its questions are fundamental, because only like this we can know ourselves and what is around us.

Epictetus wants to give us a precious advice: we have never have to ~~stop~~ stop from ask questions, because ~~only~~ only like this we can live an happy life: questioning only like a philosopher do.