

# Happiness

Book: Darrin McMahon, Happiness: A History by  
Review: Roslyn Ross, Good reads, 3 September 2014  
Schema: Paul van Tongeren, 14 November 2017

	Happiness doesn't exist	How to live to become happy	Happiness defined in relationship to
	not on this earth   in heaven	softer or simpler   harder or more specific	one's self > insight   others > ethics
Classic time	<p><b>Ancient Greece</b> Any happiness anyone experiences is a <b>miracle</b> since as all <b>life is tragic</b>, happiness is pure luck, we are victims of <b>fate</b></p> <p><b>Plato</b> Happiness is the <b>ideal</b> that <b>does not exist</b>, <b>Heaven</b></p>	<p><b>Aristotle</b> The <b>goal</b> is to be happy in this life, here and now.</p> <p><b>Epicurus</b> <b>Pleasure</b> is the <b>goal</b> (though keep in mind pleasure is defined by him as <b>minimizing pain</b> by living a <b>simple</b> life in the country)</p>	<p><b>Zeno</b> Learn to <b>not desire anything</b> and then you will be happy</p> <p><b>Stoics</b> Just be happy, whatever your circumstances, just <b>decide to be happy</b> and be happy. *Note this is like today's Positive Psychology movement!</p>
Middle ages/renaissance	<p><b>Dark Ages</b> Bear the pain of life now and be rewarded in <b>Heaven</b>—the only possible <b>happiness is suffering</b> now so that you can be <b>happy in death</b>, embrace suffering, suffering IS happiness!</p>		<p><b>Aquinas</b> Happiness is the process of fully <b>realizing ourselves</b>, happiness is the <b>hope of Heaven</b>, i.e. the hope of happiness</p> <p><b>Renaissance</b> <b>Good people are happy</b>. Bad people are unhappy. You'd better be happy or we will know you're bad</p>
Modern times	<p><b>Schopenhauer</b> Art is the only happiness i.e. the <b>escape</b> we feel when <b>contemplating art</b> i.e. <b>not actually being alive</b> is the only happiness, <b>drugs</b> are the only happiness</p> <p><b>Freud</b> <b>Unhappiness is life</b>. The only goal is to <b>eliminate gratuitous suffering</b> (like Schopenhauer) And stop being delusional and preaching about happiness. You may find satisfaction in life from <b>being loved</b>.</p>	<p><b>Locke and the Libertarians</b> One must <b>assume responsibility</b> of being happy for oneself Mill (and Rand): Happiness cannot be the goal, an emotion cannot be the goal, rather, happiness is what happens when you are <b>pursuing your goals</b>, you cannot "catch" an emotion, the minute you focus on them they are gone, <b>liberty trumps happiness</b></p> <p><b>The Romantics</b> Happiness is god, have you noticed how happy <b>kids</b> are? Let's be like them! Be <b>one with the world</b>. <b>No ego!</b> <b>Savages</b> are happy too!</p> <p><b>Industrialists</b> <b>Wealth</b> is happiness</p> <p><b>Marx</b> <b>Work is happiness</b> (similar to stoics, learning to <b>love what you have to do anyway</b>)</p> <p><b>Modern Science</b> Happiness is <b>genetic</b>, you have no control over it, so if you are not happy you should <b>take drugs</b></p>	<p><b>Martin Luther</b> Heaven and hell are actually <b>psychological places</b> - God wants us to be happy!</p> <p><b>Rousseau</b> Intellectual people can't be happy, only dumb people, the only happiness is trying to <b>make other people happy</b> i.e. <b>self-sacrifice</b>, people can be forced to be happy if we <b>control their needs</b>, let us create a new man and a new nature! Then we will be happy</p> <p><b>Kant</b> Plato and Renaissance repeat—our duty in this life is to <b>act</b> in a way that <b>renders us worthy of happiness</b>, only good boys and girls get to be happy</p> <p><b>Nietzsche</b> <b>Self-esteem</b> is happiness. And <b>power</b>.</p>