

Benessere ed edonismo: quale teoria del piacere?

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Well-being and Hedonism: Which Theory of Pleasure?

Abstract: This essay critically assesses the plausibility of the hedonist account of wellbeing. After discussing Parfit's taxonomy, it analyzes Chris Heathwood's preference hedonism, which combines hedonistic and desire-based elements, assessing both its theoretical strengths and limits. Nozick's *experience machine* objection and the challenges posed by the *resonance requirement* are then considered. The final section addresses the debate on theories of pleasure, arguing that phenomenological internalist hedonism can withstand objections concerning the heterogeneity of pleasures and remains no less theoretically plausible than externalist or hybrid alternatives.

Keywords: Well-being, Hedonism, Preference hedonism, Pleasure, Prudential value, Chris Heathwood.

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