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Eudaimonia* - 04/11/2017

SoL (School of Life) worked with the _eudaimonia_ concept in this video: a word that comes from Plato and Aristotle. Basically, SoL compares _eudaimonia_ with a contemporaneous word - **happiness** \- saying that the ancient philosophers didn't propose us to have a happy life. The purpose of our life is not avoid suffering or be unhappy – the way the word is used today, but overcome the daily and simple challenges that come every day under pressure.

For SoL, _eudaimonia_ should be associated with the word **fulfilment** that is distinguished by **happiness** by pain. So, the word _eudaimonia_ is able to accommodate happy and unhappy and, instead of pursuing a pain free existence, we need to go further and we can make the difference. In short terms, we need to do what is really important more than to smile all the time. Follows _eudaimonia_ recommendation means that we can spend our whole life fighting in our job, relationship and political engagement but finishing our days feeling these tasks were undertaken.

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(*) School Of Life Digests. The source of the content showed here can be found over YouTube in the URL:

<https://youtu.be/GoclobQ9MLs>.