# 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.  
  
   
  
   
  
\* \* \*  
  
   
  
(\*) School Of Life Digests. The source of the content showed here can be found  
over YouTube in the URL:  
[https://youtu.be/GocIobQ9MLs](https://youtu.be/GocIobQ9MLs).