Aristotle

Eudaemonia

“Beautiful Soul”

Reward

Golden Mean

Virtue is Activity - Actions/Emotions

According to Reason

Sutuation A = Using Reason

Golden Mean

Excess or Deficiancy

Golden Mean of Courage

Excess

Arrogance

Foolhardiness

Deficiency

Cowardice

THERE IS NO RULEBOOK THAT WORKS FOR EVERYONE - VIRTUE IS DIFFERENT FOR EVERY PERSON

1 - Virtue is Activity According to Reason

2 - Using Reason - The Golden Mean

3 - Act out of Habit Virtuously

4 - Pleasure From Acting Virtuously

5 - Absence of Pain Over the Course of a Life - Eudaemonia

Epicurus - Typology of Desires

Desires

Natural - 1. Controllable 2. Should Desire

Necessary

For Happiness

Friendship

For Life

Food/Drink

For Repose of the Body

Garden

“Merely Natural”

Procreation

Chastity

Vain

Drinking Alcohol

Excess of **ANYTHING**

Porsche

Stoic + Epicurean

We need to Distinguish between those things that we have control over and those that we don’t.

Stoicism

Ataraxia - Imperturbability → Virtue

Apathia - Freedom from Passion → Goal

Eupathia - Good Feelings → Reward