

Happiness and virtue by Aristotle

What I expect to learn:

I expect to learn the Aristotle's principles about of happiness and virtue.

Quote:

"Human beings seek happiness, and that happiness is not pleasure, honour, or wealth, but an activity of the soul in accordance with virtue."

Book review:

In this book Aristotle's discusses his principle behind the subject of happiness and virtue. He believed that virtues eventually lead to happiness, there are many views when it comes to achieving happiness but the happiness Aristotle's speaks off is not the happiness we tend to think of today. In today's modern era, for teenagers like me happiness translates to becoming rich, spending some doe in parties, having cool cars, big house, cool stuff, etc. If you sum it up, all those basically is like living the loaded life. The Greeks during the early times had a different of happiness; Aristotle spoke about achieving eudemonia (which is roughly translated into happiness). Eudemonia is not an emotional state of being happy or jumpy or whatsoever. Eudemonia is more about being all that you can, the best you can be, maximizing your full potential in living life. The idea behind eudemonia is being the best you can be while maximizing your full potential, you as a person will bloom and will be able to see life as more of a delight rather one which is full of obstacles. Aristotle spoke that the practice of virtues would lead to happiness, in the sense of being the best you can be (maximizing your full potential). By virtues, Aristotle meant the act of achieving balance and moderation. For Aristotle the act of living in balance and moderation would bring the highest pleasure. A prosperous person who lives a simple life because he wants to secure his family life is a good example of balance and moderation. It was in Aristotle's belief that by these virtues, happiness would be attained. By contemplating a person refines and is able to discover virtues, these virtues are then carried out continuously and eventually allow a person to reach his/her full potential.

What I have learned:

I have learned that virtues eventually lead to happiness. Eudemonia is the true state of happiness, being the best you can be while maximizing your full potential, a person will bloom and will be able to see life as a delight.

Integrative questions:

- 1) What is true happiness?
- 2) What is eudemonia?
- 3) How is eudemonia achieved?
- 4) What is balance and moderation?
- 5) How are virtue and happiness related?