

# ARISTOTLE AND THE GOOD LIFE

*Aristotle ( 384 BC – 322 BC) was a Greek philosopher, a student of Plato, and teacher of Alexander the Great. His wrote on: physics.*

It is not something that can be gained or lost in a few hours, like pleasurable sensations. New York: Macmillan. Aristotle tells us that the most important factor in the effort to achieve happiness is to have a good moral character – what he calls "complete virtue. He is inclined to act wrongly and gives in to these inclinations out of weakness. Nicomachean Ethics, 10 According to Aristotle, happiness consists in achieving, through the course of a whole lifetime, all the goods – health, wealth, knowledge, friends, etc. Most of the virtues on the list always have relevance to us though. In many cases the overwhelming prospect of some great pleasure obscures one's perception of what is truly good. We all get angry, so we must ask how to be patient. Note also that it is not enough to think about doing the right thing, or even intend to do the right thing: we have to actually do it. Google Scholar [6] Aristotle: , The Metaphysics, transl. A popular exposition for the general reader. Aristotle the Philosopher. Developing a good character requires a strong effort of will to do the right thing, even in difficult situations. Hence it is a goal and not a temporary state. As Aristotle writes, He is happy who lives in accordance with complete virtue and is sufficiently equipped with external goods, not for some chance period but throughout a complete life. The theoretical component is the making of a philosopher. Some of these classifications are still used today, such as the species-genus system taught in biology classes. Friendship For Aristotle, friendship is one of the most important virtues in achieving the goal of eudaimonia happiness. Subtitles by the Amara. And so, while he has satisfied his desires, he is dissatisfied with himself in the same way that we are dissatisfied with ourselves when we look back on our own moments of weakness. Aristotle suggests that some people are born with weaker wills than others; for these people, it may actually be a mean to flee in battle the extremes being to get slaughtered or commit suicide. The good for a human is different from the good for an animal because we have different capacities or potentialities. A comprehensive introduction to Aristotle. Aristotle's virtuous man is able to satisfy both his inclinations and his rational desires because these two things are aligned. All of those virtues – generosity, temperance, friendship, courage, etc. Google Scholar [13] Kenny, A. As he puts it, a clumsy archer may indeed get better with practice, so long as he keeps aiming for the target. The practical component is the acquisition of a moral character, as discussed above. Milo the wrestler, as Aristotle puts it, needs more gruel than a normal person, and his mean diet will vary accordingly.