

A psychologist and a functional medicine practitioner discuss happiness, eudaimonia, wellness, free will and more

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It's interesting to me because he is by his own description *not* a philosopher and is studying effective strategies. So I guess we could expect that some things would end up in one philosophical camp and some in another, and that's what he gets. Some statements sound Epicurean to me, others very anti-Epicurean. Probably there are a lot of preconceived ideas, perhaps Aristotelean, that he is unconsciously working with as well.