

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

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In my view, the problem when grappling with "being good" or eudaimonia is a perspective limited to self. Being "good" (in the philosophical sense) requires a much bigger centrism - one that encompasses all life, if not more. Likewise, eudaimonia is not achieved, IMO, without seeing, and respecting, the web of life much more broadly than self. If we stay within "self" we are either caught up in narcissism or at least admitting our lack of internal harmony. But, this may be just my view.