

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

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Being good or being eudaimonic seems to me to necessarily begin with the self. The only way that we can affect ourselves or others is through our own agency. However that doesn't imply that we direct our actions strictly toward ourselves.

Part of the beauty of this particular philosophy, to me, is that it places the self within a view of all that is. And it provides us with effective tools with which to increase our agency as well as our eudaimonia. Each of us grapples with measuring the limits of our effectiveness in a wide variety of realms. The sensations, anticipations and feelings provide input. The feelings in particular provide guidance: will pursuing "x" increase my agency (which is pleasurable) or make me miserable (which will decrease my effectiveness)? This guidance serves to join the self with the other in, arguably, the most effective manner.