

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

**Post by “Pacatus” of December 29, 2023 at 6:27 PM**

[Quote from BrainToBeing](#)

Anyway, some other thoughts to put in the mix.

Thanks, John. Yes,

That issue of "ought"  
has always been fraught. 😊