

External "Goods" Impact Eudaimonia

Post by "Kalosyni" of March 9, 2024 at 11:04 AM

I found another article with a list (from Aristotle)...and it puts friends into external, and friendship into goods of the soul:

Quote

A second approach is to survey the goods which we find ourself desiring, since happiness presumably consists in the attainment of some good or set of goods such that to have them in the right way is to be living well. One division of goods is into (i) external goods (wealth, fame, honor, power, friends), (ii) goods of the body (life, health, good looks, physical strength, athletic ability, dexterity, etc.), and goods of the soul (virtue, life-projects, knowledge and education, artistic creativity and appreciation, recreation, friendship, etc.). The problem then is to delineate the ways in which such goods are related to happiness. Aristotle's view is that (a) certain goods (e.g., life and health) are necessary preconditions for happiness and that (b) others (wealth, friends, fame, honor) are embellishments that promote or fill out a good life for a virtuous person, but that (c) it is the possession and exercise of virtue which is the core constitutive element of happiness. The virtuous person alone can attain happiness and the virtuous person can never be miserable in the deepest sense, even in the face of misfortune which keeps him from being happy or blessed. So happiness combines an element over which we have greater control (virtue) with elements over which we have lesser control (health, wealth, friends, etc.).

(Article [Source](#))

As we know that in Epicurean philosophy a great amount of wealth or fame is unnecessary and possibly detrimental -- to acquire great wealth usually causes one to lose one's freedom (requires duty toward the act of acquisition).

I don't think that a pleasant life is possible without all the Epicurean "goods" and the most complete life (life with the highest pleasure) is also not possible without all the Epicurean "goods". (Epicurean "goods" being: friendship, prudence, self-sufficiency, and good health).

It is a much shorter list of goods in Epicurean philosophy (I need to find more references to all of them).