

Is 'happiness' a proper translation of the term eudaimonia?

Post by "Don" of March 27, 2024 at 6:34 AM

I just came across these "Wellness Toolkits" from the National Institutes of Health. They seemed, from first glance, applicable to "well-being" in a general sense. So, for consideration:

[Your Healthiest Self: Wellness Toolkits](#)

Each person's "healthiest self" is different. We have different bodies, minds, living situations, and people influencing our lives.

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