

# The Meaning of Eudaemonia - "Good Demon"

**Post by "Hiram" of January 22, 2018 at 10:50 AM**

eu = good, daimon = spirit; we still use this word in English when we say someone is "in good spirits", and in Spanish when we say "de buen ánimo" (meaning the exact same thing, and the word ánimo comes from Latin "anima"). The word "animarse" is to become animated, to (re)gain the will to live and the strength to fight one's battles, so cancer patients often gain their "ánimo" in Spanish after they recover.

And when you greet somebody in Spanish saying "ánimo!", you're basically saying "be strong, have vitality, be a fighter, you can win". So these are the connotations of the words that are cognates to "eudaimonia" in modern languages.