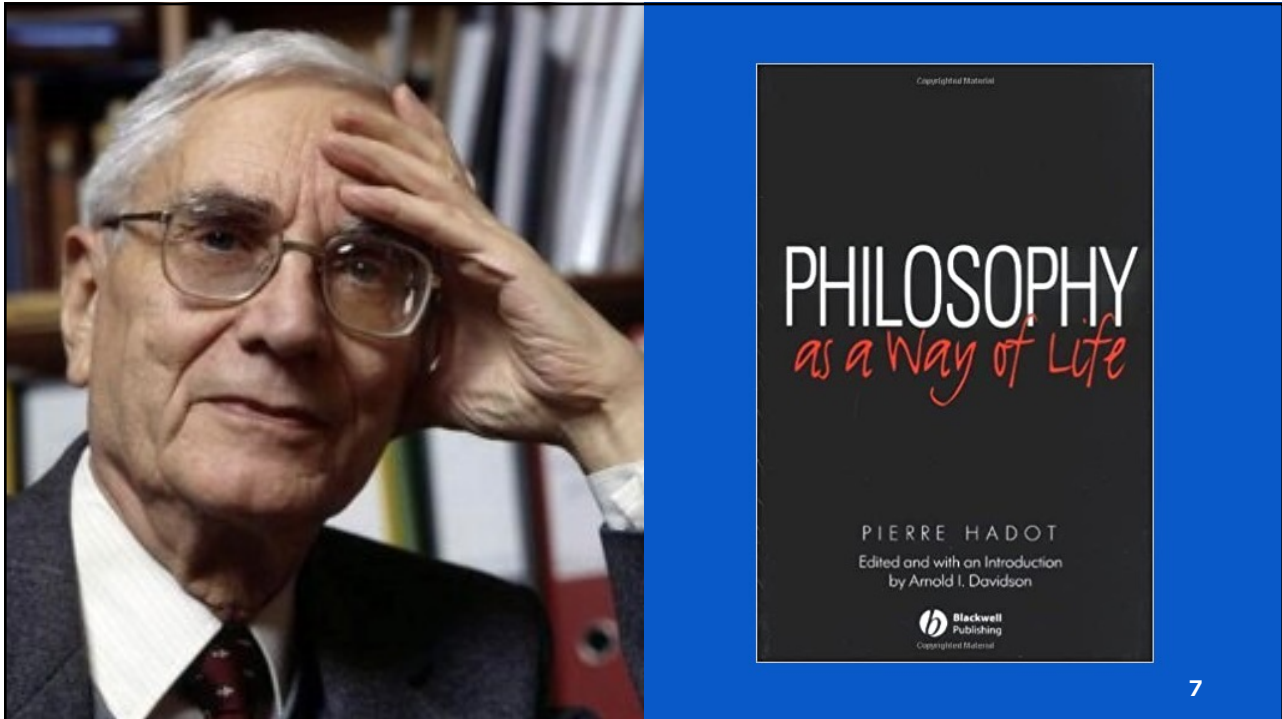
	<p>LIVING A GOOD LIFE</p>
	<p>5</p>

5

<p><b>What is Philosophy?</b></p>	<p><b>Colloquial sense – one’s views about</b> The world How to live <b>Academic philosophy</b> An academic discipline with its own questions, standards, like others (economics, chemistry, etc.)</p>

6



7

**Contemporary academic philosophy:** a scholarly discipline

**Ancient philosophy:** an intentional way of living seeking a good life within a philosophical “school” like Platonism, Stoicism, etc.

8

# Philosophical Ways of Life

## Reason

Dialog  
Argument  
Theories

"How should we live?"

9

# Philosophical Ways of Life

## Reason

Dialog  
Argument  
Theories

## Practices

Building virtuous habits  
Taming appetites  
Meditations

10

## Philosophical Ways of Life

**Reason** ↔ **Practices**

Dialog  
Argument  
Theories

Building virtuous habits  
Taming appetites  
Meditations

11

## Philosophical Ways of Life

**Reason** ↔ **Practices**

Dialog  
Argument  
Theories

**“Spiritual Exercises”**

12

<p><b>Centering insight for how to look at “philosophy” as understood in the ancient world:</b></p>	<p><b>It is an enterprise of exploring how to live better lives.</b></p> <p><b>It is done in a community of people seeking the same end.</b></p> <p><b>It involves an active interplay between trying out practices and suggesting theories of the self and the good life.</b></p>
---	--

13

<p><b>Units of the Course</b></p>	<p><b>Introductory Unit</b></p> <p><b>Confucianism</b></p> <p><b>Aristotle</b></p> <p><b>Daoism</b></p> <p><b>Stoicism</b></p>
-----------------------------------	--

14

<b>Activities</b>	<b>Lectures on the Philosophies</b> <b>Academic Essays</b> <b>Immersive Exercises</b> <b>Dialog Sessions</b>
-------------------	---

15

<b>First Exercise</b>	<b>Take an inventory of your desires.</b>  <b>Start now</b>  <b>Add to it over the next few days</b>  <b>Send a shorter, edited version to your section instructor by Wednesday morning</b>
---------------------------	---

16