

LIVING A
GOOD LIFE



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Plan for Today

**A bit about the origins of this
course and our approach.**

**Overview of the course –
content, work, technology.**

First philosophical exercise



LIVING A GOOD LIFE

What is Philosophy?

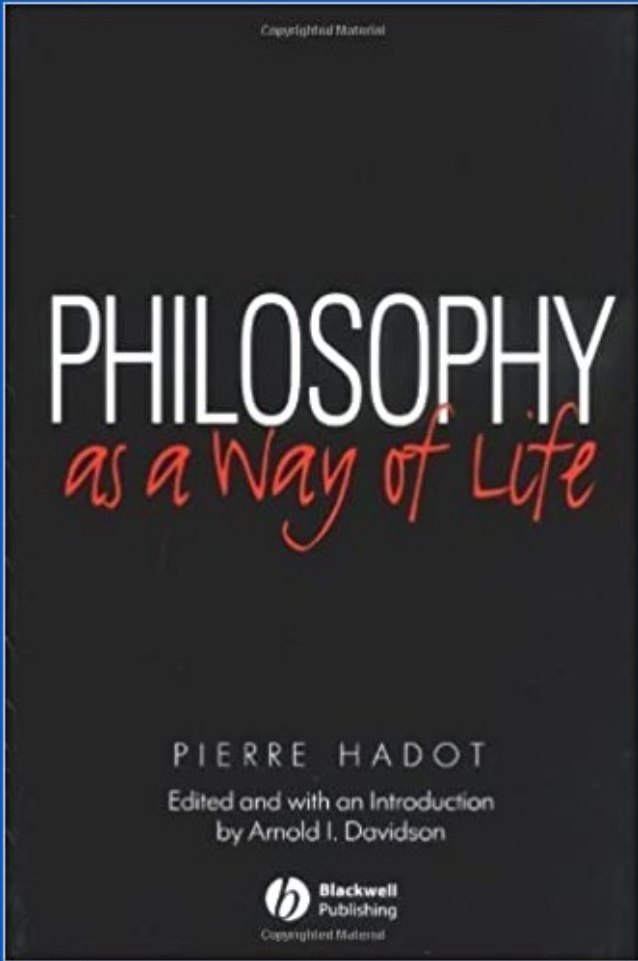
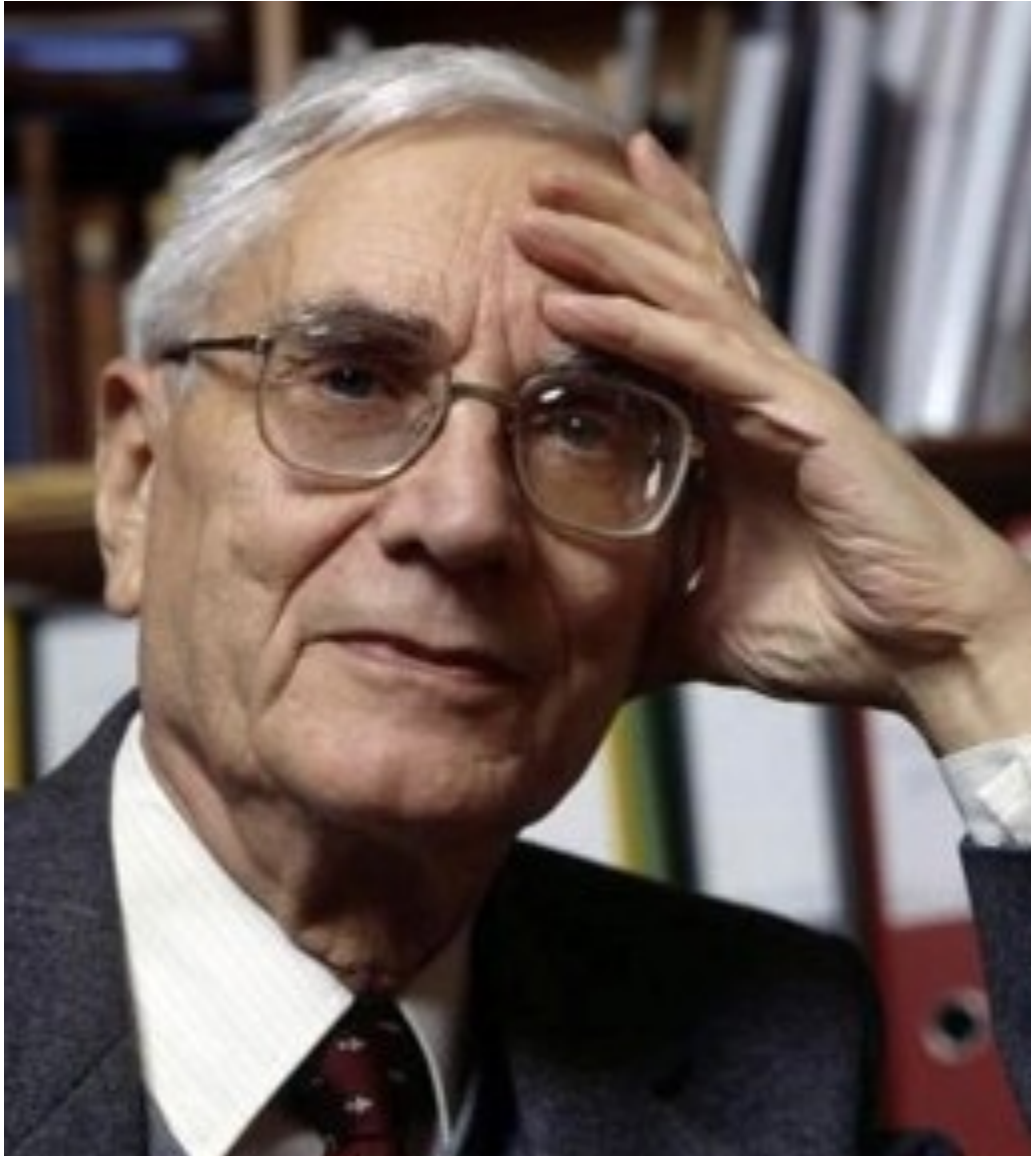
Colloquial sense – one's views about

The world

How to live

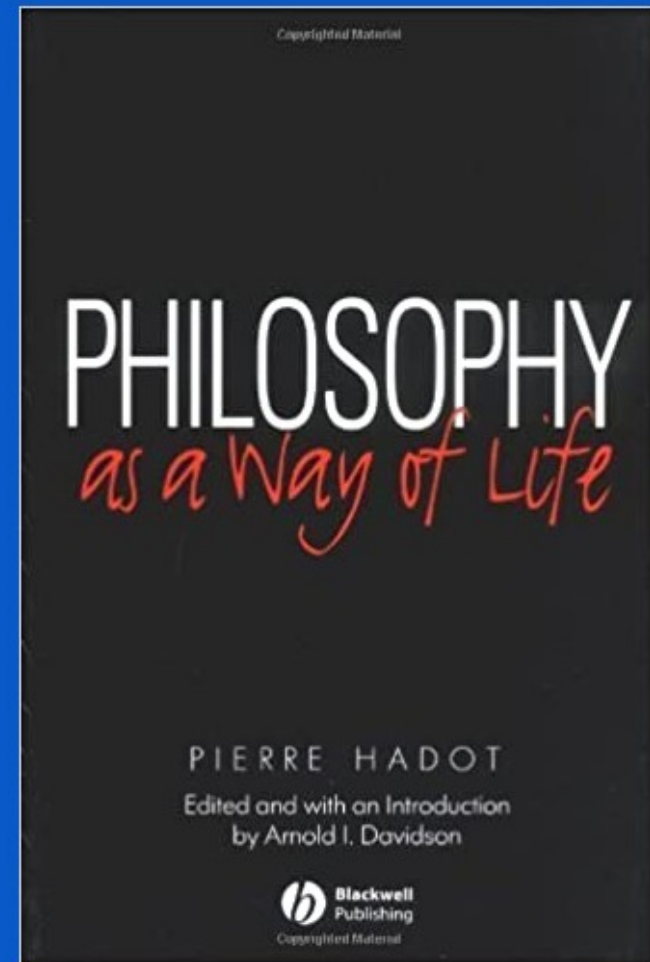
Academic philosophy

An academic discipline with its own questions, standards, like others (economics, chemistry, etc.)



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.



Philosophical Ways of Life

Reason

Dialog

Argument

Theories

"How should we live?"

Philosophical Ways of Life

Reason

Dialog

Argument

Theories

Practices

Building virtuous habits

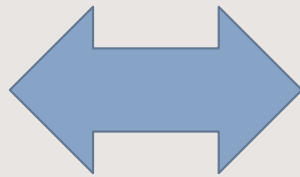
Taming appetites

Meditations

Philosophical Ways of Life

Reason

Dialog
Argument
Theories

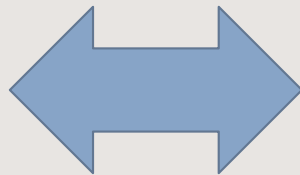


Practices

Building virtuous habits
Taming appetites
Meditations

Philosophical Ways of Life

Reason



Practices

“Spiritual Exercises”

Dialog

Argument

Theories

**Centering insight
for how to look
at “philosophy”
as understood in
the ancient
world:**

**It is an enterprise of exploring how
to live better lives.**

**It is done in a community of people
seeking the same end.**

**It involves an active interplay
between trying out practices and
suggesting theories of the self and
the good life.**

Units of the Course

Introductory Unit

Confucianism

Aristotle

Daoism

Stoicism

Activities

Lectures on the Philosophies

Immersive Exercises

Dialog Sessions

First Exercise

**Take an inventory of your
desires.**

Start now

Add to it over the next few days

**Send a shorter, edited version to your
section instructor by Wednesday
morning**