

LIVING A GOOD LIFE



Spring, 2025
Professors Stephen Angle
and Tushar Irani

Plan for Today

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

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

First philosophical exercise

What is Philosophy?

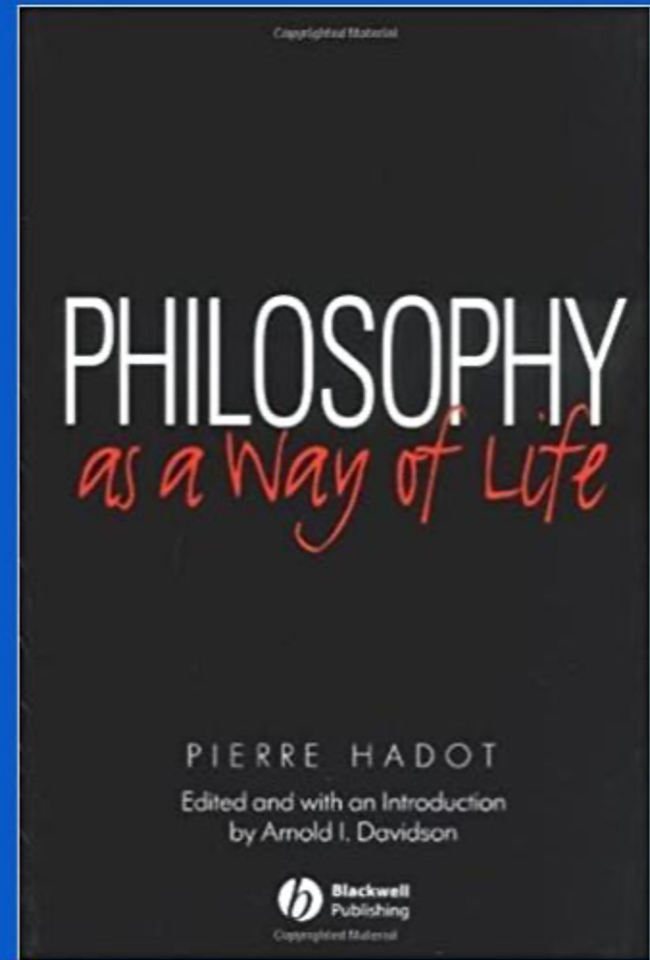
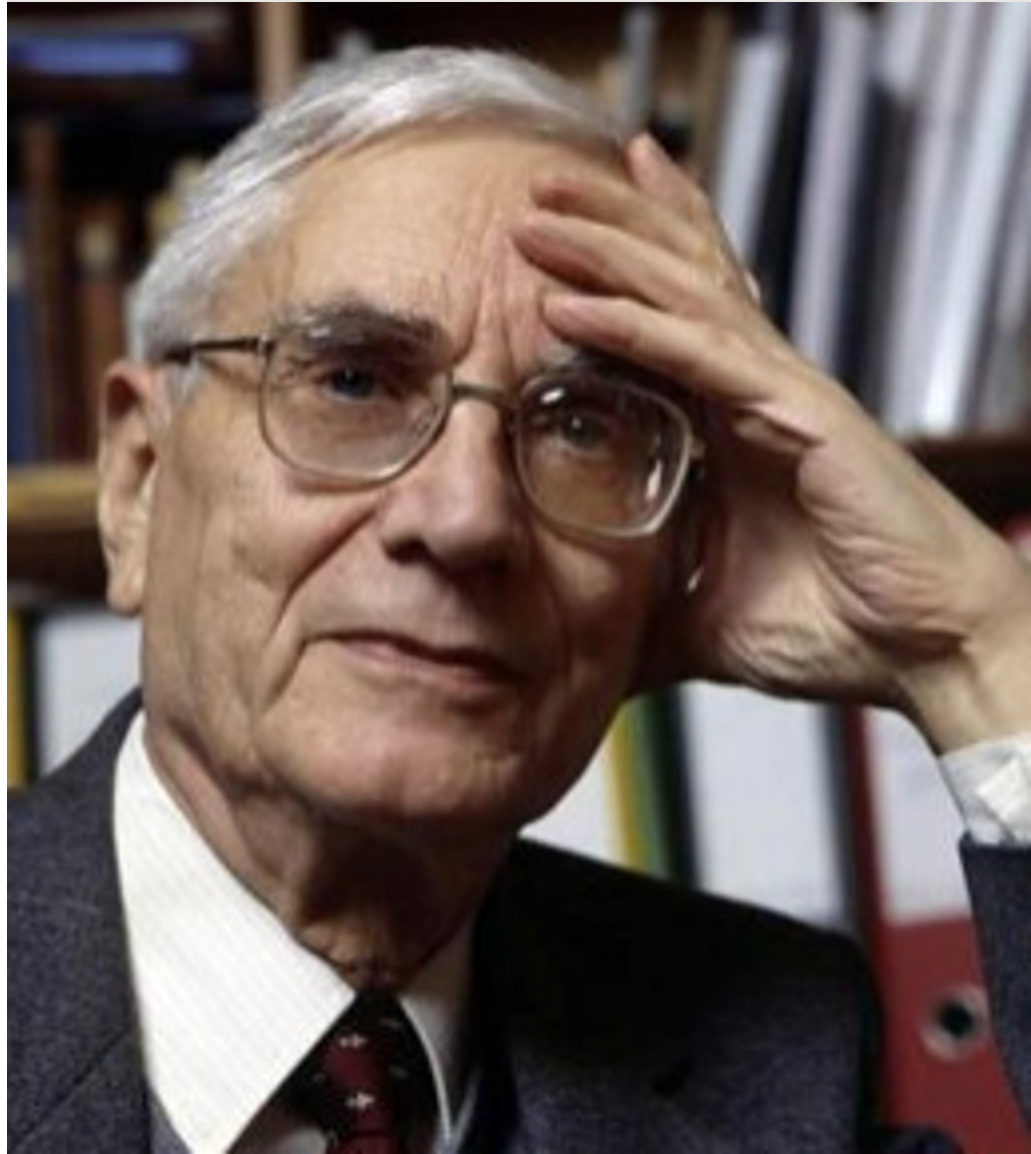
Colloquial sense – one's views about

The world

How to live

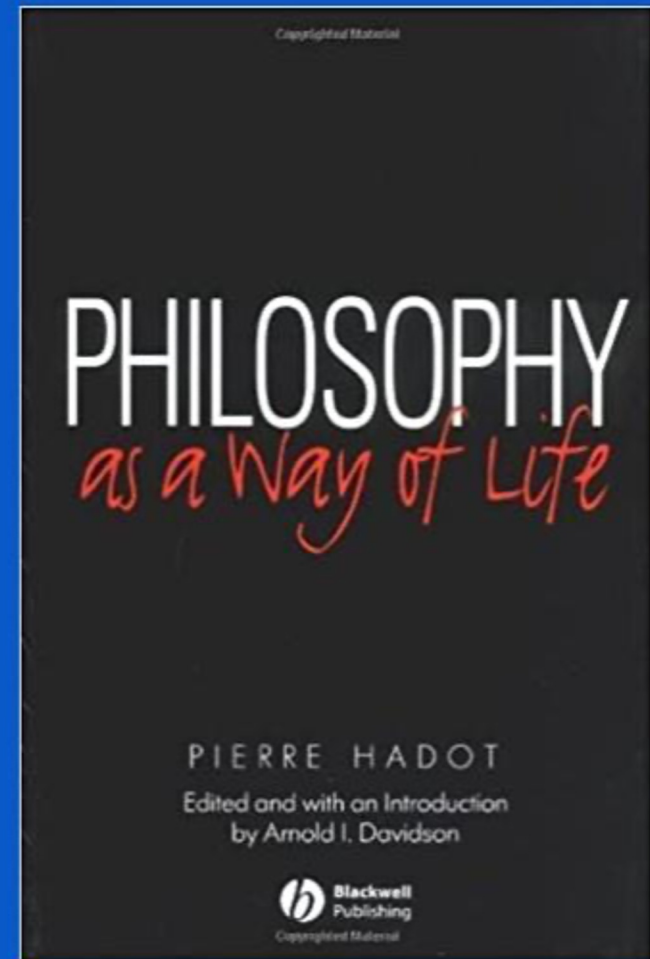
Academic philosophy

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

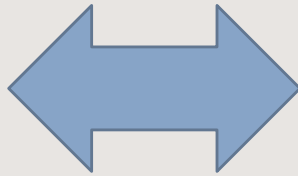
Reason ↔ Practices

Dialog
Argument
Theories

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

Aristotle

Confucianism

Daoism

Stoicism

Activities

Lectures on the Philosophies

Academic Essays

Immersive Exercises

Dialog Sessions

Principles

This course is for you

Grading: Credit / Unsatisfactory

**No tech use in Monday “plenary”
sessions, unless explicitly
directed otherwise**



Generative AI

- 1. Problems with academic honesty**
- 2. Not developing your own ideas, skills**
- 3. Not exploring yourself to build a good life**

**Tools and
Formats**

Website

**Perusall (IRANI-
2TWQ8)**

Dialog Groups

**Optional
CLAC
Courses**

**Cultures and Languages Across the
Curriculum**

**PHIL151 (Living a Good Life: Chinese
Lab) – Tu 2:50-4:10**

**PHIL152 (Living a Good Life: Greek Lab)
– Tu 10:20-11:40**

First Exercise

Take an inventory of your desires.

Start now

Add to it over the next couple days

Send an edited version to your section instructor by Wednesday morning (via the website)