

# Aristotle and the Good Life

Teleological approach to life - to reach the proper "end" for which by nature designed.

The Good Life is a process.

Character and Habit - "our ability to perform such actions is in no way enhanced by knowing them, since the virtues are characteristics [that is, fixed capacities for action, acquired by habit]."

## Application of the Mean

vice ----- virtue ----- vice  
deficiency ----- mean ----- excess

|                 |                  |                |
|-----------------|------------------|----------------|
| Cowardice       | Courage          | Foolhardiness  |
| Anorexia        | Moderation       | Gluttony       |
| Stinginess      | Generosity       | Profligacy     |
| Standoffishness | Friendliness     | Obsequiousness |
| Shyness         | Pride            | Vanity         |
| Pessimism       | Realism          | Optimism       |
| Celibacy        | Monogamy         | Promiscuity    |
| Dullness        | Well-roundedness | Wildness       |
| Inhibition      | Temperance       | Overindulgence |
| Boorishness     | Wittiness        | Buffoonery     |