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Happiness and Goodness: Philosophical Reflections on Living Well

Steven M. Cahn, Christine Vitrano

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How should we evaluate the success of each person's life? Countering the prevalent philosophical perspective on the subject, Steven M. Cahn and Christine Vitrano defend the view that our well-being is dependent not on particular activities, accomplishments, or awards but on finding personal satisfaction while treating others with due concern.

The authors suggest that moral behavior is not necessary for happiness and does not ensure it. Yet they also argue that morality and happiness are needed for living well, and together suffice to achieve that goal. Cahn and Vitrano link their position to elements within both the Hellenistic and Hebraic traditions, in particular the views of Epicurus and lessons found in the Book of Ecclesiastes. Written in an accessible style and illustrated with incisive vignettes drawn from history, literature, films, and everyday life, *Happiness and Goodness* is a compelling work of philosophy for anyone who seeks to understand the nature of a good life.

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