

## An idea from Aristotle

*This excerpt comes from 'An Introduction to Philosophy: Big Ideas for Curious Minds', published by The School of Life Press.*



Have a read about **Aristotle** and discuss.

The main points are:

- Aristotle was interested in everything
- He believed that we could be skilled in our approach to life
- Happiness is a feeling that life is meaningful and that this is achieved by having an important goal and working towards it