

# The good life research papers examples

[Psychology](#), [Success](#)



## **Affiliate institution:**

### Introduction

Cephalous defines justice in a basic way “ giving what is ought”. Socrates ends the dialogue between Polemarchus, Cephalous and Thrasymachus and Socrates by pointing out the purpose justice plays. According to Socrates, granting justice is creates happiness (Jowett, 1999). Justice is a complex word, why would someone demand justice? In this paper I am going to explore what contribute to happiness and good life and contrast Socrates perception of success and happiness with the modern day realities.

## **The changing perception of success**

Despite the change of times and possibly the thinking of people, the view of life by early time philosophers still reflect how we see it today to some extent. In the conversation between Cephalous and Socrates, three things that supposedly made life rewarding include wealth, knowledge, courage and temperance (Jowett, 1999). It should be noted that courage in cephalous definition meant absolute denial of passion like sex. Success and happiness these days seem much depended on the following: social networks and friends, wealth, health and influence (in a social organization or government). Success is relative but has never gone too far from wealth. As the societies expand and competition for resources outshines spirituality among men, justice is no longer an important virtue as long as it doesn't compromise person's social network. The only difference between the Socrates perception of justice and what most of modern day civilization is that Socrates and cephalous were aligned to spirituality and wisdom while

today we connect everything to money on free will. Science has provided answers for miseries and misfortunes like diseases and death. God plays little role in success.

The only difference between Socrates' perception of success and what most of modern day civilization perceive is that Socrates and Cephalus was aligned to spirituality and wisdom while today we connect everything to money (given a mind free from manipulation)

## **Conscience manipulation and religion**

The story of Plato though might not be proven by facts introduced a religious aspect that will be taught to generations without tangible proof. Because people fear uncertainty, they encouraged each other to be true and moral to escape punishment of afterlife. Although Socrates claims morality is connected to happiness, well I believe morality is a desired lifestyle and should be preached. The myth of Er seems to have had a hand in the emergence of religion. Religion that teaches morality makes life better. I put into consideration two persons professing different religions, Christian and Islam, Christians justify their pursuit of money by god's blessing, when someone wrong Christians hey forgive. Those are the teachings they consider true. For Islam in the other hand, they could sacrifice everything in the name of Allah. Religion just as technology has changed who we truly are and every action we take may not be in line with what our clear conscience would prefer.

The emergence of mass media devices and airtight education systems has done much to our perception of success and good life. The media has the capability to control conscience. Because interaction with the media is

almost inevitable, almost our entire perception has been altered according to certain scripts

## **Psychological aspect of life**

In Frankl's account meaning is the force that would enable man find solace, love and courage in the face of difficulties (Frankl, 1946 p. 300). Humans are social animals and their determination to live may not be a personal motive but for the good of other people who mean something to you. The value of life and its worth is therefore dependent so much on people around us.

People do not act for their own gain, actions may be compelled by the good of other people or uncertainty of what happens in the afterlife. Spirituality don not offer much freedom as it has made sin out of many interesting actions.

## **Personal journey to good life**

If someone was to ask me what I want expect an answer in a split of second, I think I will not answer. Not that I don't know what I want but what do I need most between spiritual elements and material elements. In the long run I would want a settled spirit, one without quarrels and debts but again can I possible have time to peruse spirituality and forsake my family and carrier? Do knowledge, spirituality and wisdom worth more than money and friends. This is a material world and my goodness will be appreciated through my talent and carrier.

I would want a lot of things that will work together to give me peace and influence. Such things shall develop as I learn and gain experience in my profession. The greatest motivator in my life is the people I love- I want to

make them proud of me.

Considering two subjects, spirituals goals and professional goals, letting them work together may spare me a hustle. Spirituality is much of a practice than job to be worked on. Doing the right think safes time of corrections and reproof, time that could be used in knowledge acquisition.

I appreciate the scarcity of resources and I know satisfying every crave I may have will lead to lose of resources. As Cephalous suggests, it would be much better to limit or deny myself such craving. Happiness is therefore about contentment and not access to every desire. Spiritual development may be hard to be measured not like education where one can count certificates or quantify the knowledge he has acquired (Bennett & Friedwald, 1998).

## **Conclusion**

A good life is that which strong mind brings when the body is strong and health. It is the ability to ignore all the treats that surround and assume that we know what will happen when we die. Human life cannot be rid from anxiety, doubt and satisfaction. Life never gets better with fear of diseases and death which are there. If such dark reality of the world can be ignored and forgotten, life is good. There are however things that makes life worthwhile, money, friends, family and good health.

Religion gives hope to people that despite the eventuality of death, there will still be hope for the soul. Real issues remain anyway- people die, get sick, and suffer losses despite presence of religion. So religion play a motivational (psychological) role in life and it may make wealth worthless and give meaning to life (this meaning can be delusional).

Different from the view of ancient philosophers, morality and justice do not

necessarily lead to a happy life. Gods were described as unpredictable and unjust men continued to prosper. Connection between good life and spirituality is mythical. Religious promises of good things are the advertisement of a religion. If gods were all merciful then they would forgive the immoral and the unjust who will be just at the same place where the moral and the just would be.

## References

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