



THE SKILLS YOU NEED

GUIDE TO LIFE

**LIVING WELL, LIVING ETHICALLY:
HOW TO LIVE YOUR BEST LIFE, EVERY DAY**

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HOW TO LIVE YOUR BEST LIFE, EVERY DAY**

Skills You Need

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INTRODUCTION

The first *Skills You Need Guide to Life* explains how you can look after your body and mind, and ensure that they remain healthy.

However, there is more to living a ‘good’ life than simply being healthy.

Most of us would probably agree that we want to be able to look back at our lives and say that we had lived the life we wanted to live, and had no regrets. But how do you decide what life you want to live?

There are many ways in which you could live: aiming to enjoy life, for example, or make money. However, the Greek philosopher Aristotle argued that these approaches were intrinsically unsatisfying. He suggested that to avoid deathbed regrets, you needed to live a ‘good’ and virtuous life, following a set of principles that he called ‘virtues’.

This book discusses those virtues. We hope that it will help you live your best life, and incorporate the virtues into your day, every day.

PART

1

**THE CONCEPT
OF LIVING WELL**

**The full eBook
is available at**

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