## CONTENTS

**PART 1 THE CONCEPT OF LIVING WELL**

1 LIVING WELL, LIVING ETHICALLY ................................................................. 9  
   SIX WAYS OF LIVING .................................................................................. 10  
   SIGNS OF FLOURISHING ........................................................................... 12  
   CONCLUSION .............................................................................................. 13  

2 GOODNESS: LEARNING TO USE YOUR MORAL COMPASS .................. 14  
   GOODNESS ACTS AS A COMPASS ............................................................ 15  
   WORKING OUT WHERE YOU STAND ....................................................... 16  
   USING YOUR MORAL COMPASS ............................................................ 17  
   LIVING WELL ............................................................................................ 19  

3 A FRAMEWORK FOR LIVING WELL ....................................................... 20  
   FOUR LEVELS OF ‘GOODNESS’ ............................................................... 21  
   MODELS OF LEARNING ........................................................................... 23  
   WORTHWHILE ACHIEVEMENTS ARE SELDOM EASY ............................ 23

**PART 2 UNDERSTANDING ARISTOTLE’S VIRTUES**

4 COURAGE .................................................................................................. 25  
   WHAT IS COURAGE? ................................................................................. 26  
   THE BENEFITS OF COURAGE ................................................................. 27  
   COURAGE GOVERS AND OVERCOMES FEAR AND OVERCONFIDENCE 28  
   FEAR AND OVER-CONFIDENCE ARE TWO SIDES OF THE SAME COIN. 30  
   FINDING A BALANCE ................................................................................ 31  

5 SELF-CONTROL ......................................................................................... 32  
   THREE HABITS OF SELF-CONTROL ....................................................... 33  
   DEFINING SELF-CONTROL ..................................................................... 34  
   ASSESSING YOUR SELF-CONTROL ....................................................... 35  
   A SLIGHT DIVERSION: SHAME .............................................................. 36  
   DEVELOPING SELF-CONTROL ............................................................... 36  
   FINDING THE BALANCE .......................................................................... 37
6 GENEROSITY

- GENEROSITY IN PRACTICE
- THE BENEFITS OF GENEROSITY
- WHEN SHOULD YOU GIVE?
- THE ‘FLIP SIDE’ OF GENEROSITY
- GUIDELINES FOR GENEROSITY
- FINDING THE BALANCE

7 FRIENDLINESS AND POLITENESS

- WHEN TO USE FRIENDLINESS OR CIVILITY
- ASSESSING YOUR LEVEL OF FRIENDLINESS
- FINDING THE RIGHT BALANCE OF FRIENDLINESS
- OBSEQUIOUSNESS
- CHURLISHNESS
- POLITENESS
- FINDING THE BALANCE

8 TACT AND DISCRETION

- DEFINING TACT AND DIPLOMACY
- PREREQUISITES FOR SUCCESSFUL TACT AND DIPLOMACY
- STRATEGIES FOR TACT AND DIPLOMACY

9 TRUTHFULNESS AND INTEGRITY

- TWO TYPES OF TRUTH
- THE IMPORTANCE OF TRUTH
- IS IT EVER RIGHT NOT TO TELL THE TRUTH?
- FINDING THE BALANCE
- A LAST WORD

10 GOOD TEMPER

- THE IMPORTANCE OF ANGER
- WHAT SHOULD MAKE YOU ANGRY?
- ASSESSING YOUR TEMPER
- MANAGING YOUR TEMPER
- DEVELOPING A GOOD SENSE OF HUMOUR
- A SENSE OF HUMOUR
- THE BENEFITS OF A GOOD SENSE OF HUMOUR
- TOO MUCH OR TOO LITTLE?
- THE IMPORTANCE OF CONTEXT
- ‘TURNING THE OTHER CHEEK’
PART 3 PUTTING VIRTUES INTO PRACTICE

14 ETHICAL LEADERSHIP ................................................................. 94
THE IMPORTANCE OF NATURAL LAWS ...................................... 95
FOUR LEVELS OF PRINCIPLE-CENTRED LEADERSHIP .............. 96
THE FINAL PIECE OF THE JIGSAW ............................................. 98
CONCLUSION ............................................................................. 98

15 ETHICS IN PROFESSIONAL LIFE ........................................... 99
THE PLACE OF ‘GOODNESS’ IN PROFESSIONAL LIFE ................. 100
GOODNESS AND THE LAW ....................................................... 101
GOODNESS AND MEDICINE ..................................................... 102
ACTING ETHICALLY AS A PROFESSIONAL .............................. 103
ETHICS OR MORALS ARE NOT INCONSISTENT WITH PROFESSIONAL LIFE .................................................. 104

16 SUSTAINABILITY .................................................................. 105
WHAT IS SUSTAINABILITY? ..................................................... 106
THREE PILLARS OF SUSTAINABILITY: ECONOMIC, ENVIRONMENTAL, AND SOCIAL ........................................... 108
ADVANTAGES AND DISADVANTAGES OF SUSTAINABILITY ......... 111
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
www.skillsyouneed.com