



The Philosophy of Well-Being: An Introduction

Guy Fletcher

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Well-being occupies a central role in ethics and political philosophy, including in major theories such as utilitarianism. It also extends far beyond philosophy: recent studies into the science and psychology of well-being have propelled the topic to centre stage, and governments spend millions on promoting it. We are encouraged to adopt modes of thinking and behaviour that support individual well-being or 'wellness'.

What is well-being? Which theories of well-being are most plausible? In this rigorous and comprehensive introduction to the topic, Guy Fletcher unpacks and assesses these questions and many more, including:

- Are pleasure and pain the only things that affect well-being?
- Is desire-fulfilment the only thing that makes our lives go well?
- Can something be good for someone who does not desire it?
- Is well-being fundamentally connected to a distinctive human nature?
- Is happiness all that makes our lives go well?
- Is death necessarily bad for us?
- How is the well-being of a whole life related to well-being at particular times?

Also included is a glossary of key terms, and annotated further reading and study and comprehension questions follow each chapter, making *The Philosophy of Well-Being* essential reading for students in ethics and political philosophy, and also suitable for those in related disciplines such as psychology, politics and sociology.

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