



# Happiness: A Guide to a Good Life, Aristotle for the New Century

*Jean Vanier*

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## **Happiness: A Guide to a Good Life, Aristotle for the New Century** Jean Vanier

Using Aristotle as his launching pad, a contemporary philosopher explores, in the context of today's world, the notion of happiness and how each of us might best obtain it. To be happy, to know true happiness, is the profound desire of every man and woman. Jean Vanier, author of the international bestseller *Becoming Human*, offers a contemporary, practical application of philosophy that is simple without being simplistic, probing without being dogmatic. This thoughtful, intelligent, and lucidly written book marries classical thought to contemporary challenges, nourishing and stimulating both heart and mind.



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