

Philosophy & Well-Being

By: John Cummins



(The Artificial Ape – one of my favourite books!)

WHAT IS
WELL-BEING?

WELL-BEING DEFINITION

- Well-being includes our emotional, psychological, and social health.
- Well-being = Mental Health
- It is important at every stage of life



MY JOURNEY WITH PHILOSOPHY:

- My struggle with well-being and my natural curiosity brought me to Philosophy, “The Love of Wisdom”
- Through the study of metaphysics; the nature of reality, and being, – I have tried to come to a better understanding of myself and the world of ideas.
- I am happy to say that it has helped.



MY FAVOURITE PHILOSOPHERS & AUTHORS



George Santayana
(1863 – 1952)

*Spanish-American
Philosopher, Novelist & Poet*

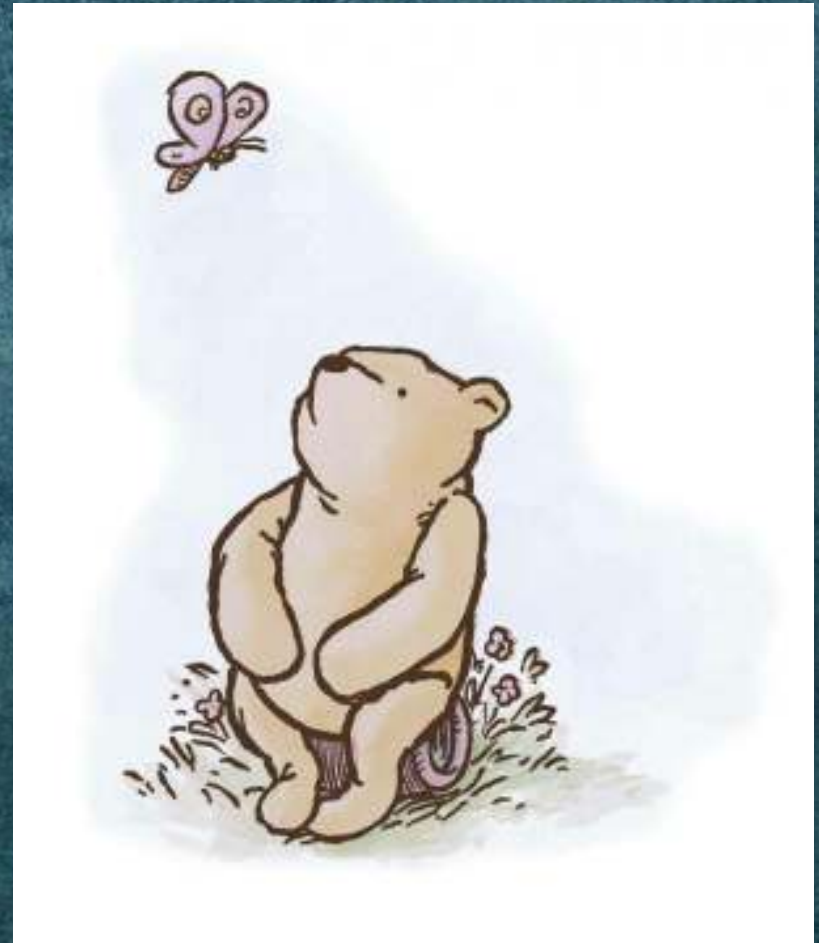
*“The Earth has
music for those that
listen.”*

*“There is no cure for
birth and death save
to enjoy the interval”*

***“You’re braver than you
believe and stronger
and smarter than you
think”***

***“ The things that make
me different are the
things that make me”***

***“People say nothing is
impossible but I do
nothing every day”***



Winnie-the-Pooh
(1926-)

***Philosopher
(created by A.A. Milne)***



Jack London
(1876 – 1916)

*American Novelist, Journalist
& Social Activist*

*“ Fear urged him to go
back, but growth drove him
on”*

*“ White Fang knew the law
well - to oppress the weak
and obey the strong”*

*“ The proper function of
man is to live, not to exist. I
shall not waste my days
trying to prolong them. I
shall use my time .”*

***“There are more things in
heaven and earth, Horatio,
than are dreamt of in your
philosophy.”***

***“And this our life exempt from
public haunt finds tongues in
trees, books in running
brooks, sermons in stones,
and good in everything.”***

***“We are such stuff as dreams
are made on, and our little life,
is rounded with a sleep.”***



William Shakespeare
(1564-1616)

***English Poet, Playwright, and
Actor***



Will Durant
(1885 – 1981)

*American-Canadian
Philosopher, Writer & Historian*

*“Sixty years ago I knew
everything, now I know
nothing”*

*“Education is a progressive
discovery of our own
ignorance”*

*“Inquiry is fatal to
certainty”*

*“History is mostly guessing
the rest is prejudice”*

***“It isn’t what we say or
think that defines us , but
what we do”***

***“If I loved you less I might
be able to talk about it
more”***

***“What are men to rocks
and mountains”***



Jane Austen
(1775-1817)

English Novelist



St. Augustine
(345AD – 430AD)

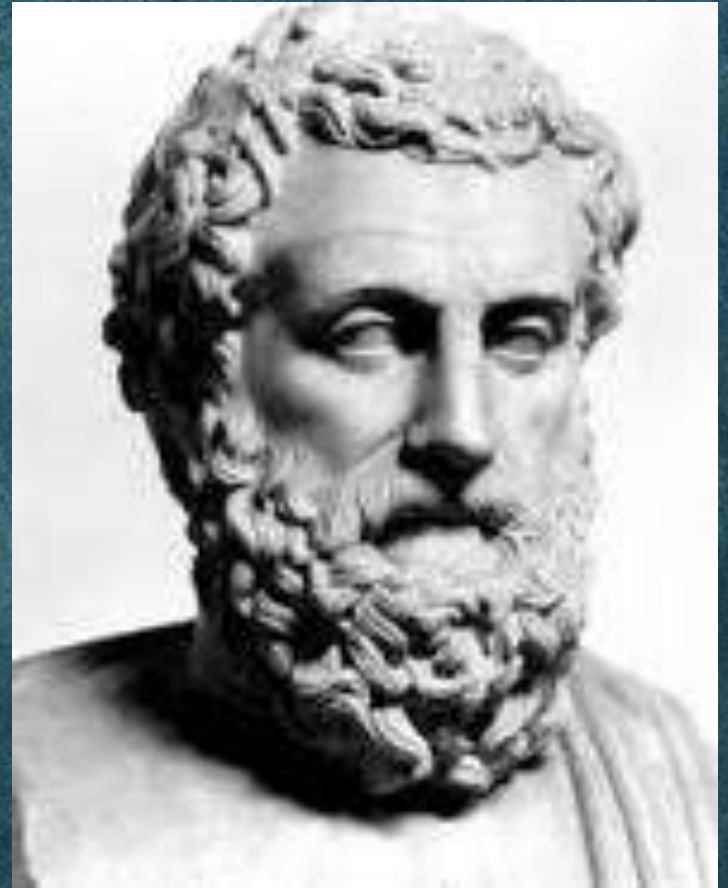
*Roman African Theologian and
Philosopher*

**“Love and do
what thy will.”**

**“Patience is the
companion of
wisdom”**

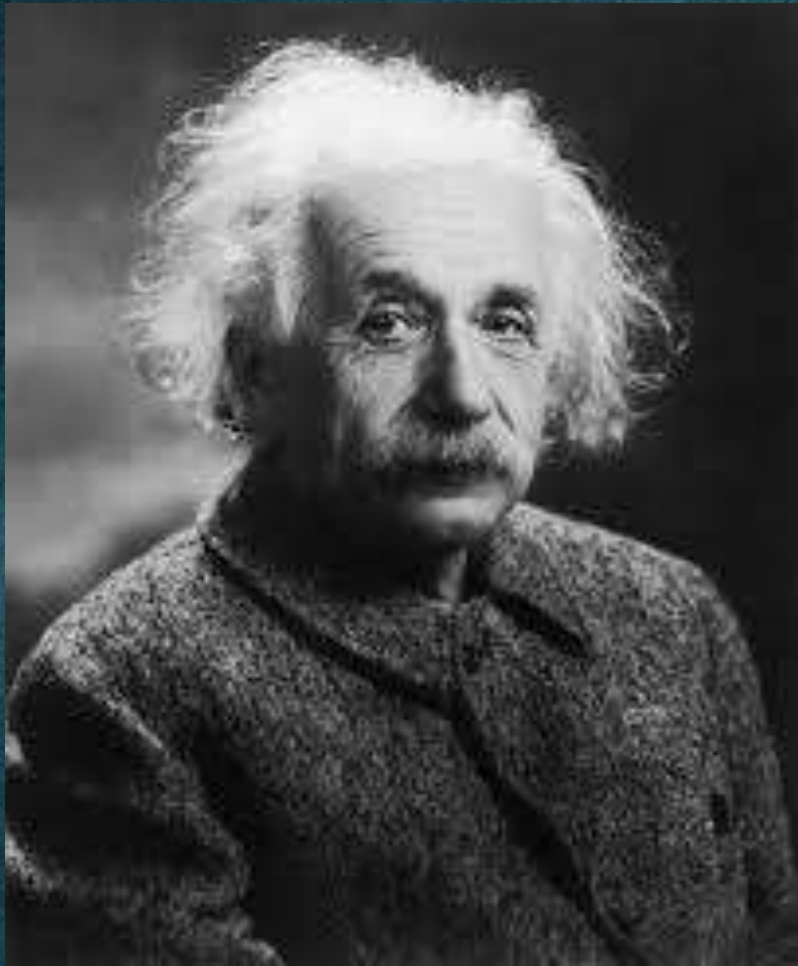
**“Educating the mind
without educating
the heart is no
education at all”**

**“Happiness depends
upon ourselves”**



Aristotle
(384 BC – 322 BC)

Greek Philosopher



Albert Einstein
(1879-1955)

*German Philosopher &
Theoretical Physicist*

***“There comes a point in
your life when you need
to stop reading other
peoples books and
write your own.”***

***“I have only two rules
which I regard as
principles of conduct
the first is have no
rules, the second is be
independent of the
opinion of others”***

THANK YOU!

