

Philosophy & Well-Being

By: John Cummins

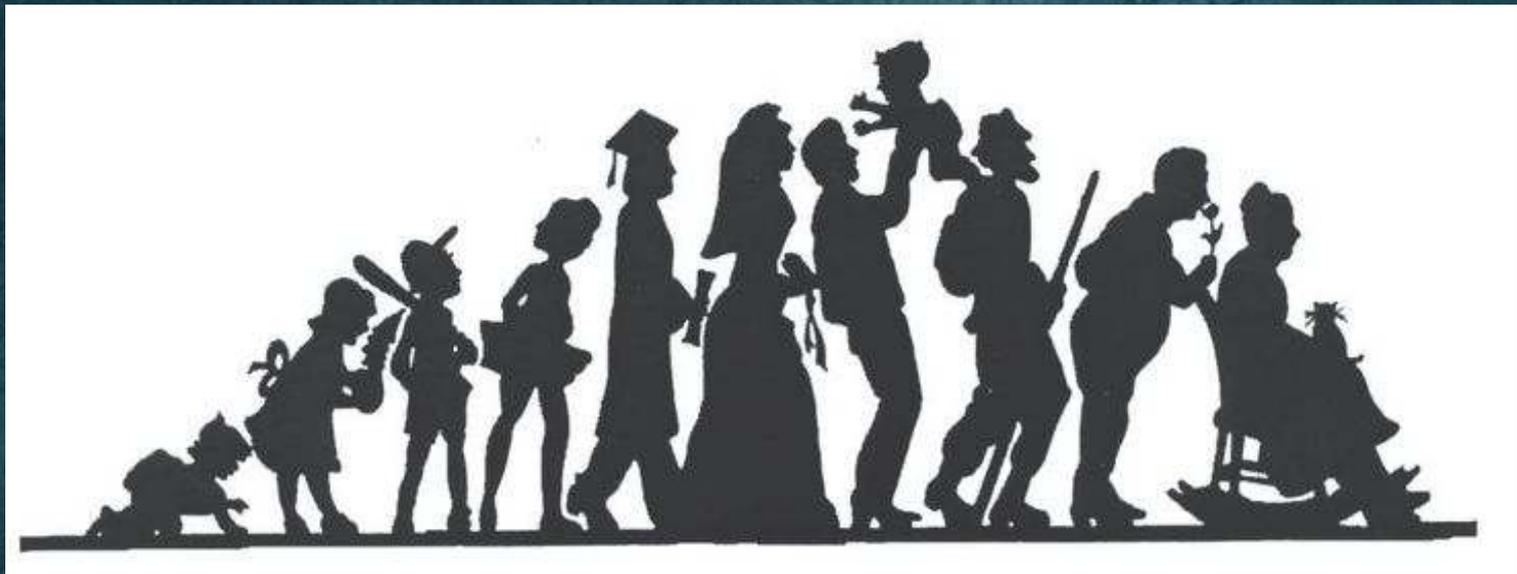


(The Artificial Ape – one of my favourite books!)

**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*

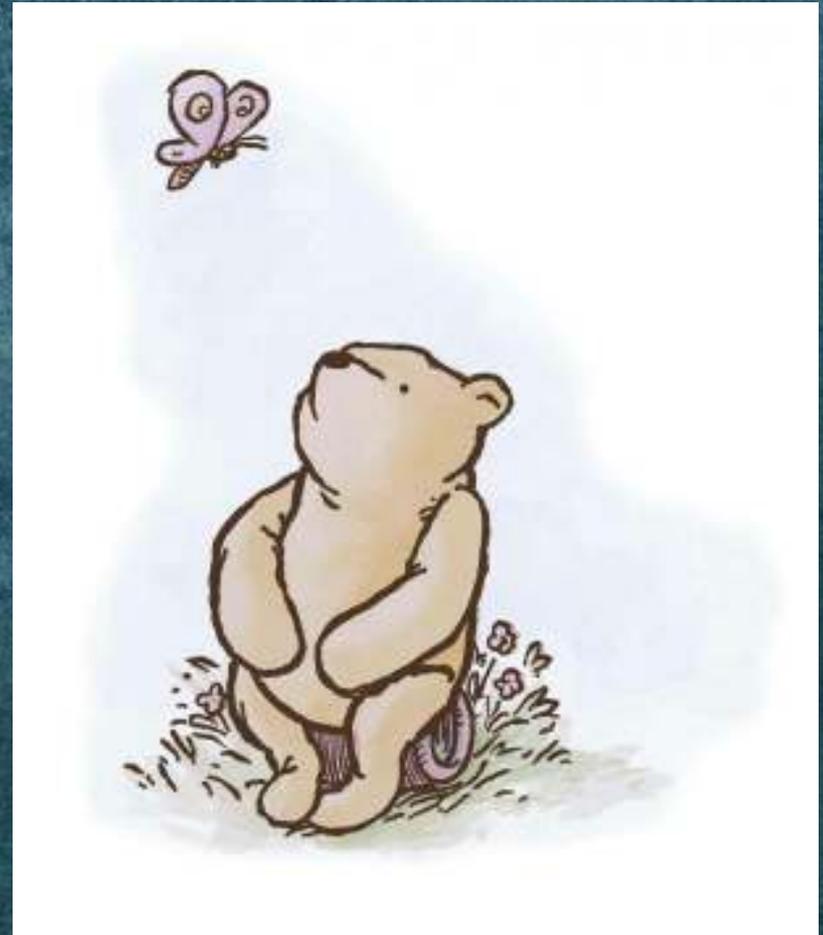
*“The Earth has
music for those that
listen.”*

*“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”

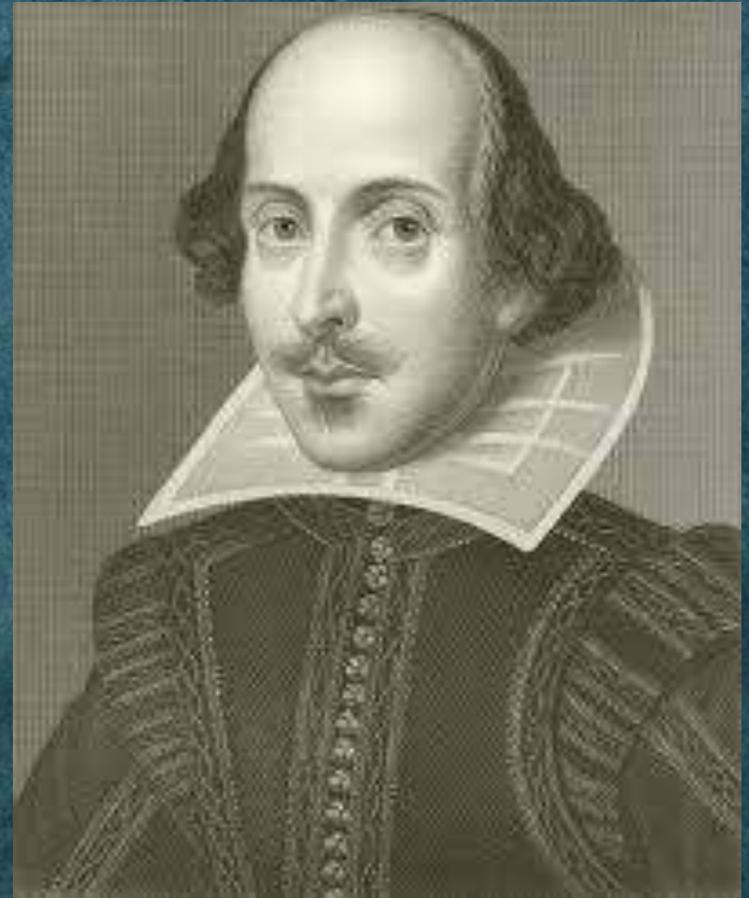
“ White Fang knew the law well - to oppress the weak and obey the strong”

“ 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)

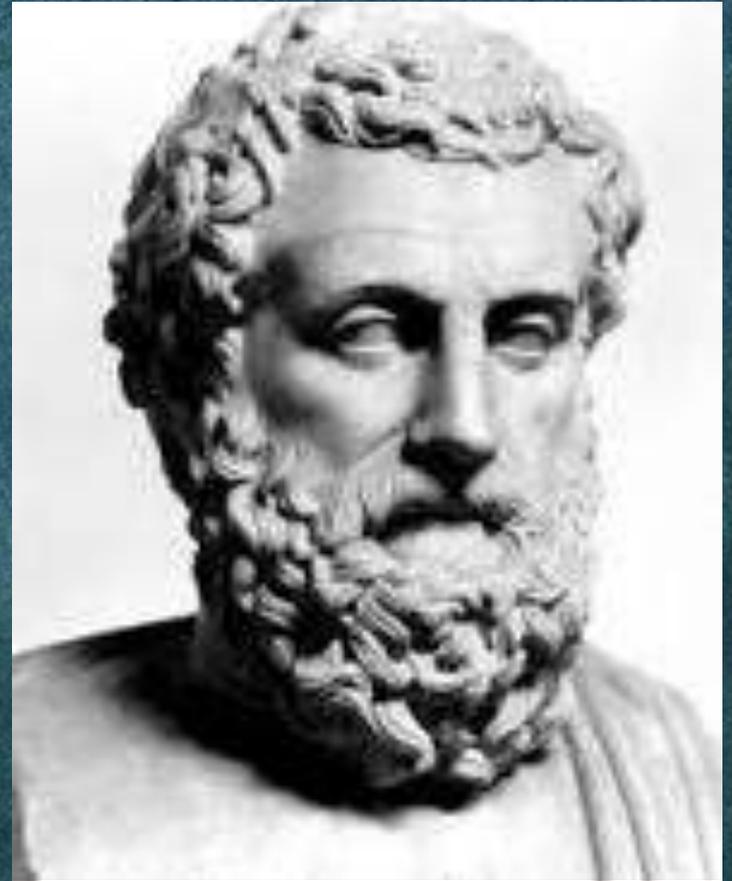
*Roman African Theologian and
Philosopher*

**“Love and do
what thy will.”**

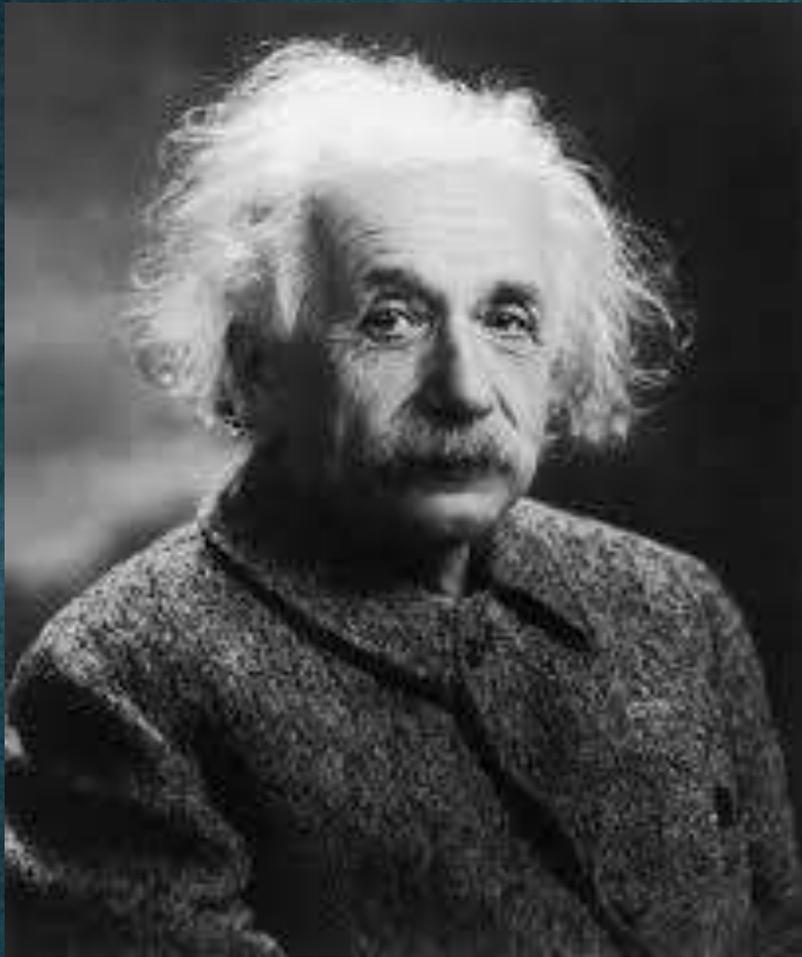
**“Patience is the
companion of
wisdom”**

**“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!

