

Fall C 2024

#67091

Online

# Philosophy of Happiness

## PHI 326 Syllabus

### Course Description (from ASU catalog):

Examines ancient and contemporary philosophical models of happiness and consideration of criteria for living a life of human flourishing.

### Course Objectives:

This course will examine the concept and nature of happiness. We will consider what happiness is, its significance within a life of human flourishing, and practical application of various principles of happiness. This course will consider happiness from a philosophical approach by examining various ethical theories and traditions, viz. Virtue Ethics, Christian Ethics, and Buddhist Ethics. In this way students may: (1) create a foundation for further inquiry, (2) broaden their conceptual, theoretical, and pragmatic understanding of happiness, and (3) examine individual and societal assumptions of happiness. The readings, lectures, class participation and assignments are designed to encourage the development of critical, creative, and integrative thinking skills. Introspective reflection is highly encouraged.

- Gain a broader theoretical and conceptual understanding of the conception of happiness
- Examine the philosophical history of the concept of happiness (and well-being)
- From a philosophical perspective, examine the psychology of individual happiness and consider criteria for determining what constitutes a life of human flourishing
- Introspectively reflect and examine personal concepts of happiness
- Consider prescriptions for living a happier life within the context of Christian and Buddhist Traditions
- Critically analyze and articulate inherent in societal notions of happiness and success
- Glean principles for practical application in daily life

### General Studies: Humanities, Arts and Design:

This course fulfills the ASU **Humanities, Arts and Design** General Studies requirement. Students completing a Humanities, Arts and Design course will be able to:

1. Analyze cultural creations or practices in historical or contemporary context.
2. Interpret the formal, aesthetic, and creative elements in literary, visual, or cultural texts.
3. Articulate relationships among tradition, innovation, individual creativity, and communal expression in cultural creations or practices.
4. Communicate narratives, ideas, or arguments using such elements as evidence, creativity, and critical thinking.

*Our humanity comes to its fullest bloom in giving. ~ Henri Nouwen*



**Instructor:** Dr. Elaine K Yoshikawa

**Email Address:** [Elaine.Yoshikawa@asu.edu](mailto:Elaine.Yoshikawa@asu.edu)

This is the best way to contact me. I usually respond the same day or the next. If you have not heard from me within a reasonable amount of time, please check your spam filter first, and feel free to email me again.

**Pre-requisites:** ENG 102, 105 or 108 with C or higher

**Recommended:** PHI 101 or PHI 105 or at least one upper-division PHI course

**Recommended:** Senior, Junior, or non-traditional student

**Required Course Textbook:**

I created the textbook, *Philosophy of Happiness: Seeking Wisdom and a Life of Human Flourishing (Preliminary Edition)* specifically for this course. The textbook is published and distributed by Cognella, Inc. Full disclosure: I do not receive any royalties from books sold to ASU students.

The required course materials for PHI 326 are now available for purchase. When you purchase directly through the publisher's student store, you will receive discounted pricing and expanded format options. If you are interested in digital options, Cognella is offering the option to add an ebook to your print purchase for \$10. If you purchase a paperback textbook, you will receive free shipping and gain access to a partial ebook of the first 30% of the material. All ebook options are immediately available upon purchase so you can access the materials right away.

Purchasing directly from the publisher is also a safe and effective way for you to receive everything you need for the term.

Purchase your course material here: <https://store.cognella.com/84088-1A-003>

If you need any help with ordering from Cognella, feel free to email [orders@cognella.com](mailto:orders@cognella.com) or call 858-800-2675.

If you are required to purchase the textbook only through the ASU Bookstore (e.g. military benefits, scholarships) there will be a few copies (with cost established by the bookstore) available at: <http://bookstore.asu.edu/>

All additional readings are available on Canvas.

### **Course Canvas Site**

To access the Course Canvas site, click on “myASU” on the ASU homepage or point your browser to <https://myasucourses.asu.edu>



### **Grade Requirements:**

Exam 1:	30%
Exam 2:	30%
Exam 3:	30%
Forum Posts:	10%

There is no extra credit, however since online discussion posts are graded on a Pass (=C or higher)/Fail (=D or lower) basis, they function similarly to extra credit by raising your cumulative score. It is in your best interest to submit all required posts.

### **Grade Scale:**

90-100%	A
80-89%	B
70-79%	C
60-69%	D
0-59%	E

## **Exam Schedule:**

Exam One: Friday, September 20, 6:00 AM – Sunday, September 22, 11:59 PM (MST)

Exam Two: Friday, October 25, 6:00 AM – Sunday, October 27, 11:59 PM (MST)

Exam Three: Monday, December 9, 6:00 AM – Tuesday, December 10, 11:59 PM (MST)

## **Forum Posts due by 11:59 pm (MST):**

Module 2: Sunday, September 22

Module 3: Sunday, October 6

Module 4: Sunday, October 27

Module 5: Sunday, November 17

Module 6: Sunday, December 8

**Course Content and Scheduled Assignments: see page 12 below**

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## **College and University Policies**

### ***College of Integrative Sciences and Arts:***

#### **College Contact:**

This course is offered by the [College of Integrative Sciences and Arts](https://cisa.asu.edu) (CISA). For more information about the college, visit our website: <https://cisa.asu.edu>.

#### **Trigger Warning**

Please note that some course content may be deemed offensive by some students, although it is not the intention to offend anyone. In addition, some materials that we link with online might also be considered offensive, troubling, or difficult to review in terms of language or graphics. I attempt to provide warnings when introducing this kind of material; yet if I forget to do so, or if something else (in my materials or posts from fellow students) seems offensive, please contact me at [elaine.yoshikawa@asu.edu](mailto:elaine.yoshikawa@asu.edu), or the faculty head, [David Burel](#).

#### **Establishing a Safe Environment**

Learning takes place best when a safe environment is established in the classroom. In accordance with [SSM 104-02 of the Student Services Manual](#), students enrolled in this course have a responsibility to support an environment that nurtures individual and group differences and encourages engaged, honest discussions. The success of the course rests on your ability to create a safe environment where everyone feels comfortable to share and explore ideas. We must also be willing to take risks and ask critical questions. Doing so will effectively contribute to our own and others intellectual and personal growth and development. We welcome disagreements in the spirit of critical academic exchange, but

please remember to be respectful of others' viewpoints, whether you agree with them or not.

### **Email Communication**

ASU email is an official means of communication among students, faculty, and staff. Students are expected to read and act upon email in a timely fashion. Students bear the responsibility of missed messages and should check their ASU-assigned email regularly. *All instructor correspondence will be sent to your ASU email account.* For help with your email go to: MyASU > Service > Live Chat OR New Ticket.

### **Prohibition of Commercial Note-taking Services**

In accordance with [ACD 304-06 Commercial Note Taking Services](#), written permission must be secured from the official instructor of the class in order to sell the instructor's oral communication in the form of notes. Notes must have the note taker's name as well as the instructor's name, the course number, and the date

**This course is offered through the Faculty of Interdisciplinary Humanities and Communication in ASU's College of Integrative Sciences and Arts.** If you have questions or concerns about the administration of the course, you should first contact the course instructor. The Faculty Head of Interdisciplinary Humanities and Communication is David Burel: <https://cls.asu.edu/ihc>

***Incomplete Grades:*** A course grade of "Incomplete" will be given only in extreme situations because the sad story is that most students who request incompletes never finish the course. Please visit <http://www.asu.edu/registrar/forms/regforms.html> under the Academic Record Forms section for the Incomplete Grade Request form, which is available in both *Word* and as a PDF. The form must be completed by the student, signed by the student, the instructor, and the department chair or school director.

***AI Policy:*** Currently students are prohibited from using any AI Large Language Model (LLM) service or software (such as ChatGPT) on any course assignments or assessments. Course assignments and assessments are designed to encourage and develop critical and reflective thinking skills. Using these services does not serve the best interest of the student (at this introductory stage of learning philosophy).

### **Student Support Services**

Polytechnic campus site: <http://www.poly.asu.edu/students/services/>

*The Writing Center at the Polytechnic Campus:* The Polytechnic Writing Center offers tutoring services to all students on any sort of writing project. Writing tutors can help with any stage of the writing process, including choosing a topic, brainstorming, clarifying a thesis, organization of ideas or paragraphs, grammar, citation styles, and more. The Center is located in the Academic Center Building on the Lower Level. Although walk-ins are accepted, it is strongly recommended that you make an appointment. Please call (480) 727-1452 to schedule an appointment. Online tutoring is also available if you cannot come in. Visit the Writing Center's website (<http://studentsuccess.asu.edu/polytechnic/writing>) for more information.

*ASU Libraries* - offers 24/7 access to librarians through "Ask a Librarian" online chat and help by librarians in person at the Reference Desk during most hours the libraries are open. <http://lib.asu.edu/>

Polytechnic campus link: <http://lib.asu.edu/poly/>

*Counseling and Consultation* – provides confidential mental health and career counseling services for all ASU students. <http://students.asu.edu/counseling>

Polytechnic campus site (Student Counseling Services):

<http://students.asu.edu/counselingpoly>

*Student Success Centers* – the Student Success Center (SSC) on each ASU campus provides an array of support services that promote students' academic success. The SSC supports classroom instruction by helping students become better learners and gain the confidence and skills to achieve their greatest possible academic success.

<http://studentsuccess.asu.edu/>

*The Student Success Center at the Polytechnic Campus* provides a variety of support services that promote students' academic success. The SSC's programs help students to become better learners and to gain the confidence and skills to do well in their courses. At the Polytechnic campus, the SSC provides the following services FREE of charge to ASU students: (1) subject area tutoring, (2) writing tutoring for any writing assignment, (3) supplemental instruction for MAT 170 and CHM 113, (4) academic success workshops on topics like reading strategies and studying for exams, and (5) individual as well as group study space. For questions, please call (480) 727-1452 or stop by. For more information and for tutoring schedules, please visit our web site at <http://studentsuccess.asu.edu/polytechnic>. The SSC is located in the Academic Center Building (CNTR) on the Lower Level. To see a campus map, please visit <http://www.asu.edu/map/interactive/>

*Career Services* – offers assistance to students in choosing a major, setting career goals, interviewing and job hunting strategies. <http://students.asu.edu/career>

Polytechnic campus site: <http://students.asu.edu/career/poly>

*Student Financial Aid Office* – offers information and applications for student funding such as grants, loans, scholarships and student employment.

<http://students.asu.edu/financialaid>

Polytechnic campus site: <http://www.asu.edu/fa/> (same as general ASU site)

*Student Health and Wellness Center* – provides non-emergency medical health care to all ASU students regardless of insurance status. Most visits with a physician or nurse practitioner are free of charge, but fees will be incurred for x-rays, lab results, etc.

[www.asu.edu/health/](http://www.asu.edu/health/)

Polytechnic campus site: same

*Student Recreational Center* – offers individual and group fitness opportunities, as well as information on nutrition and wellness, and massages. Use of the general facilities (weights, circuit training and cardio machines) are free, other services (yoga classes, massages) are fee-based. [www.asu.edu/src/](http://www.asu.edu/src/)

Polytechnic campus site: <http://www.poly.asu.edu/pac/>

*Student Legal Assistance* – provides legal advice and counsel free of charge to all ASU students in areas such as landlord-tenant law, credit reports and collection issues, taxability of scholarships and grants, etc. Notary service is also available at no charge. <http://www.asu.edu/studentaffairs/mu/legal/>

Information Technology on the Polytechnic campus:  
<http://campus.asu.edu/polytechnic/uto>

*EMPACT Crisis Hotline* – offers free 24-hour support for mental health crises. Call (480) 784-1500 in the Phoenix area, (866) 205-5229 for the toll-free number outside of Phoenix, and (480) 736-4949 for the sexual assault hotline. All services are free and confidential. <http://www.empact-spc.com/>

Military Benefits:

If you have any questions regarding benefits for veterans, please contact the Pat Tillman Veterans Center at: <https://veterans.asu.edu/>

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## ***University Policies:***

### **Drop and Add Dates/Withdrawals**

If you are unable to take this course for any reason, be aware that there is a limited timeline to [drop or add the course](#). Consult with your advisor and notify your instructor to add or drop this course. If you are considering a withdrawal, review the following ASU policies: [Withdrawal from Classes](#), [Withdrawing as a Financial Aid Recipient](#), [Medical/Compassionate Withdrawal](#), and a [Grade of Incomplete](#).

### **Grade Appeals**

Students must first speak with the instructor of the class to discuss any disputed grades. If, after review, a resolution is not achieved, students may proceed with the appeal process. Student grade appeals must be processed in the regular semester immediately following the issuance of the grade in dispute (by commencement for fall or spring), regardless whether the student is enrolled at the university. Complete details are available in the [CISA Grade Appeals policy](#).

### **Academic Integrity**

Academic honesty is expected of all students in all examinations, papers, laboratory work, academic transactions and records. The possible sanctions include, but are not limited to, appropriate grade penalties, course failure (indicated on the transcript as a grade of E), course failure due to academic dishonesty (indicated on the transcript as a grade of XE), loss of registration privileges, disqualification and dismissal. For more information, see [provost.asu.edu/academicintegrity](http://provost.asu.edu/academicintegrity).

If you fail to meet the standards of academic integrity in any of the criteria listed on the university policy website, sanctions will be imposed by the instructor, college, and/or dean. Academic dishonesty includes, but is not limited to, cheating on an academic evaluation or assignment, plagiarizing, academic deceit (such as fabricating data or information), or falsifying academic records. Turning in an assignment (all or in part) that you completed for a previous class is considered self-plagiarism and falls under these guidelines. Any infractions of self-plagiarism are subject to the same penalties as copying someone else's work without proper citations. Students who have taken this class previously and would like to use the work from previous assignments should contact the instructor for permission to do so.

If you have any questions about your work and the academic integrity policy, please discuss your assignment or concerns with your instructor, teaching assistant, or your college Academic Integrity Officer in advance of submitting an assignment. Student resources on Sun Devil Integrity and strategies for completing your work with integrity and avoiding plagiarism are available here: [ASU Student Resources for Academic Integrity](#) or [provost.asu.edu/academicintegrity](http://provost.asu.edu/academicintegrity) for more information.

### **Harassment Prohibited**

ASU policy prohibits harassment on the basis of race, sex, gender identity, age, religion, national origin, disability, sexual orientation, Vietnam era veteran status, and other protected veteran status. Violations of this policy may result in disciplinary action, including termination of employees or expulsion of students. Students are encouraged to report harassment to instructors and the Dean of Students Office.

### **Student Conduct**

ASU and the College of Integrative Sciences and Arts expects and requires its students to act with honesty, integrity, and respect. Required behavior standards are listed in the [Student Code of Conduct and Student Disciplinary Procedures, Computer, Internet, and Electronic Communications policy, ASU Student Academic Integrity Policy](#), and outlined by the [Office of Student Rights & Responsibilities](#). Anyone in violation of these policies is subject to sanctions. [Students are entitled to receive instruction free from interference](#) by other members of the class. An instructor may withdraw a student from the course when the student's behavior disrupts the educational process per [Instructor Withdrawal of a Student for Disruptive Classroom Behavior](#). The Office of Student Rights and Responsibilities accepts [incident reports](#) from students, faculty, staff, or other persons who believe that a student or a student organization may have violated the Student Code of Conduct.

Students must refrain from uploading to any course shell, discussion board, or website used by the course instructor or other course forum, material that is not the student's original work, unless the students first comply with all applicable copyright laws; faculty members reserve the right to delete materials on the grounds of suspected copyright infringement.

### **Title IX**

Title IX is a federal law that provides that no person be excluded on the basis of sex from participation in, be denied benefits of, or be subjected to discrimination under any education program or activity. Both Title IX and university policy make clear that sexual

violence and harassment based on sex is prohibited. An individual who believes they have been subjected to sexual violence or harassed on the basis of sex can seek support, including counseling and academic support, from the university. If you or someone you know has been harassed on the basis of sex or sexually assaulted, you can find information and resources at <https://sexualviolenceprevention.asu.edu/faqs>.

As a mandated reporter, I am obligated to report any information I become aware of regarding alleged acts of sexual discrimination, including sexual violence and dating violence. ASU Counseling Services, <https://eoss.asu.edu/counseling>, is available if you wish to discuss any concerns confidentially and privately. ASU online students may access 360 Life Services, <https://goto.asuonline.asu.edu/success/online-resources.html>.

### **Student Accessibility and Inclusive Learning Services (SAILS)**

Qualified students with disabilities who will require disability accommodations in this class are encouraged to make their requests to the instructor at the beginning of the semester either during office hours or by appointment. Note: Prior to receiving disability accommodations, verification of eligibility from the Student Accessibility and Inclusive Learning Services is required. Disability information is confidential.

### **Student Accessibility and Inclusive Learning Services ([eoss.asu.edu/drc](https://eoss.asu.edu/drc))**

**Email:** [DRC@asu.edu](mailto:DRC@asu.edu)

**DRC Phone:** 480-965-1234

**DRC FAX:** 480-965-0441

### **Statement on Inclusion**

Arizona State University is deeply committed to positioning itself as one of the great new universities by seeking to build excellence, enhance access, and have an impact on our community, state, nation, and the world. To do that requires our faculty and staff to reflect the intellectual, ethnic, and cultural diversity of our nation and world so that our students learn from the broadest perspectives, and we engage in the advancement of knowledge with the most inclusive understanding possible of the issues we are addressing through our scholarly activities. We recognize that race and gender historically have been markers of diversity in institutions of higher education. However, at ASU, we believe that diversity includes additional categories such as socioeconomic background, religion, sexual orientation, gender identity, age, disability, veteran status, nationality, and intellectual perspective.

### **Mental Health**

As a student, like anyone else, you may experience a range of challenges that can interfere with learning, such as strained relationships, increased anxiety, substance use, feeling down, difficulty concentrating, and/or lack of motivation. These emotional health concerns or stressful events may diminish your academic performance and/or reduce your ability to participate in daily activities. ASU Counseling Services provides counseling and crisis services for students who are experiencing a mental health concern. Any student may call or walk-in to any ASU counseling center for a same-day or future appointment to discuss any personal concern. Here is the website: [eoss.asu.edu/counseling](https://eoss.asu.edu/counseling). After office hours and 24/7 ASU's dedicated crisis line is available for crisis consultation by calling 480-921-1006.

## **Establishing a Safe Environment**

Learning takes place best when a safe environment is established in the classroom. In accordance with [SSM 104-02](#) of the Student Services Manual, students enrolled in this course have a responsibility to support an environment that nurtures individual and group differences and encourages engaged, honest discussions. The success of the course rests on your ability to create a safe environment where everyone feels comfortable to share and explore ideas. We must also be willing to take risks and ask critical questions. Doing so will effectively contribute to our own and others' intellectual and personal growth and development. We welcome disagreements in the spirit of critical academic exchange, but please remember to be respectful of others' viewpoints, whether you agree with them or not.

All incidents and allegations of violent or threatening conduct by an ASU student (whether on- or off-campus) must be reported to the ASU Police Department (ASU PD) and the [Office of the Dean of Students](#). If either office determines that the behavior poses or has posed a serious threat to personal safety or to the welfare of the campus, the student will not be permitted to return to campus or reside in any ASU residence hall until an appropriate threat assessment has been completed and, if necessary, conditions for return are imposed. ASU PD, the Office of the Dean of Students, and other appropriate offices will coordinate the assessment in light of the relevant circumstances.

## **Prohibition of Commercial Notetaking Services**

In accordance with [ACD 304-06 Commercial Note Taking Services](#), written permission must be secured from the official instructor of the class in order to sell the instructor's oral communication in the form of notes. Notes must have the note taker's name as well as the instructor's name, the course number, and the date.

## **Course Evaluation**

Students are expected to complete the course evaluation. The feedback provides valuable information to the instructor and the college and is used to improve student learning. Students are notified when the online evaluation form is available. The results are always anonymous and cannot be reviewed by the instructor/department until after final grades have been posted.

## **Academic Affairs Manual**

For a complete guide to Arizona State University course policies, please refer to the [Academic Affairs Manual \(ACD\)](#).

## **Syllabus Disclaimer**

The syllabus is a statement of intent and serves as an implicit agreement between the instructor and the student. Every effort will be made to avoid changing the course schedule but the possibility exists that unforeseen events will make syllabus changes necessary. Remember to check your ASU email and the course site often.

## **Campus Resources**

As an ASU student you have access to many resources on campus. This includes tutoring, academic success coaching, counseling services, financial aid, disability resources, career and

internship help and many opportunities to get involved in student clubs and organizations.

- Tutoring: <https://students.asu.edu/academic-success>
- Counseling Services: <http://students.asu.edu/counseling>
- Financial Aid: <http://students.asu.edu/financialaid>
- Disability Resource Center: <http://www.asu.edu/studentaffairs/ed/drc/>
- Major/Career Exploration: <http://uc.asu.edu/majorexploration/assessment>
- Career Services: <http://students.asu.edu/career>
- Student Organizations: <http://www.asu.edu/studentaffairs/mu/clubs/>
- ASU Writing Centers: <https://tutoring.asu.edu/writing-centers>
- ASU Police Department: <https://cfo.asu.edu/police>
- International Student Resources:  
<https://students.asu.edu/international/support/academic>

## Course Content and Schedule (subject to change)

Pdf files and videos are located in *Readings and Assignments* (in each Module).

*Issues & Pearls of Wisdom Forums* links are located under *Readings and Assignments* link

<b>Module 1: 8/22-9/8</b>	
Introduction	Materials in Module 0: Read Me First Textbook: Introduction
Plato	Textbook: Chapter 1, Section 1 Pdf: Book 2, Republic by Plato
Aristotle	Textbook: Chapter 1, Section 2 Pdf: Nicomachean Ethics by Aristotle
Virtues & Transformation	Textbook: Chapter 1, Section 3 Video: ABC New – An Unlikely Friendship
Optional Forum	Introductions

<b>Module 2: 9/9-22</b>	
Seneca	Textbook: Chapter 2, Section 1 Pdf: On the Happy Life
Epictetus	Textbook: Chapter 2, Section 2 Pdf: The Art of Living
Julia Annas	Textbook: Chapter 2, Section 3 Pdf: Happiness of Achievement Pdf: Virtue and Eudaimonism
2 Forums	Issues Forum (1 post) and Pearls of Wisdom Forum (2 posts)  <b>Posts due: Sunday, September 22 by 11:59 pm (MST)</b>
Exam One	<b>Friday, Sep 20, 6:00 AM – Sunday, Sep 22, 11:59 PM (MST)</b>  Will cover Modules 1 and 2 You will be given a maximum of 2 hours to complete the exam If you are taking the exam out-of-state, please reconfigure for your time zone A Study Guide is available in the Module

<b>Module 3: 9/23-10/6</b>	
Friedrich Nietzsche	Textbook: Chapter 3, Section 1 Pdf: On the Uses and Disadvantages of History for Life Optional Video: Reframing by Dr. Gabor Mate
John Stuart Mill	Textbook: Chapter 3, Section 2 Pdf: <i>Utilitarianism</i> Pdf: A Crisis in My Mental History Video: Indirectly Pursuing Happiness by Tal Ben-Shahar
David Hume	Textbook: Chapter 3, Section 3 Pdf: The Skeptic
2 Forums	Issues Forum (1 post) and Pearls of Wisdom Forum (2 posts)  <b>Posts due: Sunday, October 6 by 11:59 pm (MST)</b>

<b>Module 4: 10/7-27</b>	Fall Break: 10/12-15
St. Augustine	Textbook: Chapter 4, Section 1 Pdf: The Happy Life
St. Thomas Aquinas	Textbook: Chapter 4, Section 2 Pdf: Summa Contra Gentiles
The Dalai Lama	Textbook: Chapter 4, Section 3 Pdf: The Benefits of Altruism
2 Forums	Issues Forum (1 post) and Pearls of Wisdom Forum (2 posts)  <b>Posts due: Sunday, October 27 by 11:59 pm (MST)</b>
Exam Two	<b>Friday, Oct 25, 6:00 AM – Sunday, Oct 27, 11:59 PM (MST)</b>  Will cover Modules 3 and 4 You will be given a maximum of 2 hours to complete the exam If you are taking the exam out-of-state, please reconfigure for your time zone A Study Guide is available in the Module

<b>Module 5: 10/28-11/17</b>	
A Balanced Life	Textbook: Chapter 5, Section 1 Pdf: The First Noble Truth by Walpola Rahula Video: Excerpt from The Little Buddha Pdf: The Psychology of Right Livelihood by Marsha Sinetar
Karl Marx	Textbook: Chapter 5, Section 2 Pdf: Alienated Labour
Tom Morris	Textbook: Chapter 5, Section 3 Pdf: <i>If Aristotle Ran General Motors</i> Video: The Four Foundations for Leaders by Tom Morris
2 Forums	Issues Forum (1 post) and Pearls of Wisdom Forum (2 posts)  <b>Posts due: Sunday, November 17 by 11:59 pm (MST)</b>

<b>Module 6: 11/18-12/8</b>	
Kolak and Martin	Textbook: Chapter 6, Section 1 Pdf: Meaning
A Way of Life	Textbook: Chapter 6, Section 2 Pdf: <i>Therapy of Desire</i> Optional Pdf: <i>Therapy of Desire</i> , part 2 Pdf: <i>The Morality of Happiness</i> by Julia Annas
Christopher Peterson	Pdf: Positive Psychology
2 Forums	Issues Forum (1 post) and Pearls of Wisdom Forum (2 posts)  <b>Posts due: Sunday, December 8 by 11:59 pm (MST)</b>
Exam Three	<b>Monday, Dec 9, 6:00 AM – Tuesday, Dec 10, 11:59 PM (MST)</b>  Will cover Modules 5 and 6 You will be given a maximum of 2 hours to complete the exam. If you are taking the exam out-of-state, please reconfigure for your time zone A Study Guide is available in the Module

*Final Grades will be available on My ASU*

*If you want others to be happy, practice compassion  
If you want to be happy, practice compassion  
~ The Dalai Lama*



## Suggested Readings:

*The Art of Happiness: A Handbook for Living*, HH Dalai Lama and Howard C. Cutler, Riverhead Books, 1998

*Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment* Martin E. P. Seligman, Free Press, 2002

*How Should One Live? Essays on the Virtues*, ed. Roger Crisp, Clarendon Press, 1998

*The Morality of Happiness*, Julia Annas, Oxford University Press, 1993

*Happiness: A History*, Darrin M. McMahon, New York: Grove Press, 2006

*Exploring Happiness: From Aristotle to Brain Science*, Sissela Bok, New Haven: Yale University Press, 2010

*Happiness: A Guide to Developing Life's Most Important Skill*, Matthieu Ricard, New York: Little, Brown and Company, 2007

*The Happiness Hypothesis*, Jonathan Haidt, New York: Basic Books, 2006

*What the Buddha Taught*, Walpola Rahula, Grove Press, 1974

*The Good Heart: A Buddhist Perspective on the Teachings of Jesus*, HH Dalai Lama, Wisdom Publications, 1998

*Mindfulness and Meaningful Work: Explorations in Right Livelihood*, edited by Claude Whitmyer

*Nicomachean Ethics*, Aristotle, trans. Martin Ostwald, Bobbs-Merrill Educational Publishing, 1962

*Guide to the Good Life: The Ancient Art of Stoic Joy*, W. Irvine, Oxford University Press, 2008

*Treatise on Happiness*, Saint Thomas Aquinas, University of Notre Dame Press, 2001

*Living Love*, Francis de Sales, ed. Bernard Bangle, Paraclete Press, 2003

*Jesus and Virtue Ethics: Building Bridges between New Testament Studies and Moral Theology*, Daniel Harrington, S.J. and James Keenan, S.J., Sheed & Ward, 2002

*A Guide to the Bodhisattva Way of Life*, Santideva, Snow Lion Publications, 1997

- Happiness: A Guide to Developing Life's Most Important Skill*, Ricard, M, New York: Little, Brown and Company, 2007
- The Art of Happiness at Work*, Dalai Lama and Howard C. Cutler, Riverhead Books, 2003
- Making a Life, Making a Living: Reclaiming Your Purpose and Passion in Business and in Life*, Mark Albion, Warner Business Books, 2000
- Mindfulness and Meaningful Work: Explorations in Right Livelihood*, ed. Claude Whitmyer, Parallax Press, 1994
- The World of Tibetan Buddhism*, HH Dalai Lama, Wisdom Publications, 1995
- If Aristotle Ran General Motors*, Tom Morris, Henry Holt and Co., 1998
- A Primer in Positive Psychology*, Christopher Peterson, Oxford University Press, 2006
- Pleasure and the Good Life*, F. Feldman, Clarendon Press, 2004
- Reasons and the Good*, Roger Crisp, Clarendon Press, 2006
- Value Judgment*, J. Griffin, Clarendon Press, 1996
- Perfectionism*, T. Hurka, Clarendon Press, 1993
- What is Good and Why*, Richard Kraut, Harvard University Press, 2007
- What We Owe to Each Other*, T. Scanlon, Kelknap Press, 1998
- A Brief History of Happiness*, N. White, Blackwell, 2006