

the good life charles guignon pdf

the good life charles guignon pdf is a frequently sought-after resource for readers interested in philosophy, ethics, and the exploration of what constitutes a fulfilling and meaningful existence. This text by Charles Guignon delves into the multifaceted concept of the good life, drawing from philosophical traditions and contemporary thought to offer insights into human well-being and flourishing. The availability of the good life charles guignon pdf format has made it accessible for students, scholars, and general readers alike who wish to engage deeply with the material. This article aims to provide a comprehensive overview of the content, themes, and significance of Guignon's work, as well as practical information regarding accessing the pdf. Readers will find an examination of the philosophical foundations, key arguments, and the relevance of the good life in modern contexts. Following this introduction, a structured outline will guide the discussion through the main topics covered in the text and its broader implications.

- Overview of The Good Life by Charles Guignon
- Philosophical Foundations of the Good Life
- Key Themes and Arguments in the Text
- Accessing the Good Life Charles Guignon PDF
- Applications and Relevance in Contemporary Life

Overview of The Good Life by Charles Guignon

The good life charles guignon pdf presents a thorough exploration of what it means to live well from a philosophical perspective. Charles Guignon, a noted philosopher, draws on classical and modern philosophical traditions to articulate a nuanced understanding of human flourishing. The text addresses ethical questions about happiness, virtue, and the role of community and culture in shaping one's life. Guignon's approach is interdisciplinary, incorporating elements of existentialism, virtue ethics, and social philosophy. This section outlines the scope and structure of the book, emphasizing its role as both a scholarly resource and a practical guide to ethical living.

Author Background and Expertise

Charles Guignon is a professor of philosophy with extensive work on existentialism and ethics. His expertise informs the analytical depth and

clarity evident in the good life charles guignon pdf. Guignon's academic background in Heidegger and existential philosophy enriches the text's conceptual framework, providing readers with a robust foundation for understanding the complexities of human existence and moral inquiry.

Purpose and Audience

The primary goal of the good life charles guignon pdf is to engage readers in a critical reflection on the ethical dimensions of life choices and values. It is designed for philosophy students, educators, and anyone interested in the philosophical questions surrounding happiness and fulfillment. The text balances academic rigor with accessibility, making it a valuable educational tool and a compelling read for the intellectually curious.

Philosophical Foundations of the Good Life

At the heart of the good life charles guignon pdf lies a rich tapestry of philosophical doctrines that have historically shaped Western conceptions of well-being. Guignon revisits classical philosophers such as Aristotle, whose virtue ethics provide a foundational framework for understanding the good life as an activity of the soul in accordance with virtue. The text also engages with existentialist perspectives, emphasizing authenticity and the individual's responsibility in creating meaning.

Aristotelian Virtue Ethics

Aristotle's notion of eudaimonia, often translated as flourishing or happiness, is central to Guignon's analysis. The good life is not merely about pleasure or external success but about cultivating virtues that enable one to live in harmony with reason and community. Guignon highlights the importance of habituation and moral character in achieving lasting fulfillment.

Existentialist Contributions

Guignon incorporates existentialist ideas, particularly those of Heidegger and Sartre, to discuss the role of individual freedom and authenticity in the good life. The good life charles guignon pdf underscores the tension between societal expectations and personal meaning, arguing that authentic existence requires embracing one's freedom and responsibility despite uncertainty and anxiety.

Social and Cultural Dimensions

The text also addresses how social relationships and cultural contexts influence conceptions of the good life. Guignon argues that the self is embedded within a community and that understanding the good life involves recognizing this interdependence. Ethical life is thus both a personal and communal endeavor.

Key Themes and Arguments in the Text

The good life charles guignon pdf is structured around several pivotal themes that interrogate what it means to live well. These include the relationship between happiness and virtue, the role of authenticity, the significance of community, and the challenges posed by modernity. Each theme is supported by philosophical argumentation and real-world examples to illustrate their practical implications.

Happiness and Virtue

Guignon challenges simplistic notions of happiness as pleasure or material success. Instead, he argues that true happiness arises from living virtuously, which involves developing moral and intellectual excellence. This theme revisits classical debates and integrates contemporary insights to argue for a holistic understanding of well-being.

Authenticity and Selfhood

The text emphasizes the importance of authenticity in the good life. Guignon explains that living authentically means being true to oneself while acknowledging and negotiating external circumstances. The good life charles guignon pdf explores how authenticity requires courage, self-reflection, and commitment to personal values.

Community and Interdependence

Guignon stresses that individual flourishing cannot be separated from social relationships. The good life is situated within a network of communal ties and shared values. This theme highlights the ethical obligations individuals have toward others and the role of social institutions in fostering or hindering the good life.

Challenges of Modernity

The good life charles guignon pdf critically examines how modern social,

economic, and technological developments impact traditional conceptions of the good life. Issues such as consumerism, alienation, and the fragmentation of community are addressed, with Guignon offering philosophical strategies to navigate these challenges.

Accessing the Good Life Charles Guignon PDF

For those seeking to study or reference the good life charles guignon pdf, several avenues exist to obtain the text legally and efficiently. Understanding the availability and formats can enhance accessibility for academic or personal use.

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Applications and Relevance in Contemporary Life

The insights presented in the good life charles guignon pdf extend beyond academic discussion and have practical implications for individuals and society. The text's exploration of ethics, authenticity, and community informs contemporary debates on well-being, mental health, and social cohesion.

Personal Development and Ethics

Individuals can apply Guignon's philosophical frameworks to cultivate virtues and live more meaningful lives. The emphasis on authenticity encourages self-awareness and integrity, while the focus on virtue ethics supports moral growth and resilience.

Educational and Professional Contexts

The good life charles guignon pdf serves as a valuable resource in educational curricula related to philosophy, psychology, and ethics. Professionals in counseling, social work, and leadership can draw on the text's themes to foster ethical practices and promote holistic well-being.

Societal and Cultural Impact

Guignon's discussion of community and social interdependence offers perspectives relevant to addressing social fragmentation and promoting inclusive cultures. Policymakers and community leaders may find the philosophical insights useful for designing programs that enhance collective flourishing.

Summary of Core Applications

- Enhancing personal ethical reflection and character development
- Integrating philosophical insights into education and counseling
- Informing social policies that prioritize human well-being
- Encouraging community engagement and social responsibility

Frequently Asked Questions

Where can I find a free PDF of 'The Good Life' by Charles Guignon?

Free PDFs of copyrighted books like 'The Good Life' by Charles Guignon are generally not legally available. It is recommended to purchase the book from authorized sellers or check if your local library offers a digital copy.

What is the main theme of 'The Good Life' by Charles Guignon?

The main theme of 'The Good Life' by Charles Guignon is an exploration of what constitutes a meaningful and fulfilling life, focusing on philosophical perspectives about happiness, virtue, and human flourishing.

Is 'The Good Life' by Charles Guignon available in PDF format for purchase?

Yes, 'The Good Life' by Charles Guignon is available in PDF format for purchase through various eBook retailers such as Amazon Kindle, Google Books, or academic publisher platforms.

Can I use 'The Good Life' Charles Guignon PDF for academic research?

Yes, if you have legally obtained 'The Good Life' by Charles Guignon in PDF format, you can use it for academic research while properly citing the source according to your institution's guidelines.

What topics does Charles Guignon cover in 'The Good Life'?

Charles Guignon covers topics such as ethics, philosophy of happiness, existential questions, and the role of culture and community in shaping a good life in his book 'The Good Life'.

Are there any summaries or study guides available for 'The Good Life' by Charles Guignon in PDF?

Yes, there are summaries and study guides available online for 'The Good Life' by Charles Guignon, some of which may be available in PDF format through educational websites or academic resources.

How can I cite 'The Good Life' by Charles Guignon in APA format using the PDF version?

To cite 'The Good Life' by Charles Guignon in APA format from the PDF version, include the author, year, title in italics, publisher, and URL or DOI if applicable, e.g., Guignon, C. (Year). *The Good Life*. Publisher. URL/DOI.

Does 'The Good Life' by Charles Guignon discuss

ancient philosophy?

Yes, 'The Good Life' by Charles Guignon discusses ancient philosophy, including ideas from Aristotle and other classical thinkers, to explore concepts of happiness and virtue.

Is 'The Good Life' by Charles Guignon suitable for beginners in philosophy?

Yes, 'The Good Life' by Charles Guignon is written in an accessible style and is suitable for beginners interested in philosophy and ethical questions about living well.

Are there any audio or PDF versions combined for 'The Good Life' by Charles Guignon?

Some platforms may offer both audio and PDF versions of 'The Good Life' by Charles Guignon, often as part of eBook bundles or audiobook packages, available through services like Audible or academic libraries.

Additional Resources

1. *The Good Life: Aspiring to Wisdom in Everyday Life* by Charles Guignon

This book explores the concept of the good life through the lens of philosophy, particularly drawing from ancient traditions. Guignon emphasizes the importance of wisdom, virtue, and authenticity in living well. It provides practical insights into how philosophical thinking can enrich daily experiences and personal fulfillment.

2. *Living Well: Philosophical Reflections on the Good Life* by Sarah Broadie

Broadie examines what it means to live well from a classical philosophical perspective, focusing on Aristotle and Stoicism. The book discusses how ethical living and rationality contribute to a meaningful existence. It is an accessible introduction to philosophical ethics connected to the pursuit of happiness.

3. *The Art of Living: The Classical Manual on Virtue, Happiness, and Effectiveness* by Epictetus

This timeless work presents the teachings of the Stoic philosopher Epictetus, emphasizing self-discipline, control over one's desires, and inner freedom. It provides practical advice on achieving tranquility and resilience. The book is a cornerstone for understanding the philosophical approach to the good life.

4. *After Virtue: A Study in Moral Theory* by Alasdair MacIntyre

MacIntyre critiques modern moral philosophy and argues for a return to a virtue-based understanding of ethics. He discusses how the good life is connected to community and tradition. This influential book challenges

readers to reconsider contemporary moral assumptions.

5. Happiness: A Guide to Developing Life's Most Important Skill by Matthieu Ricard

Written by a Buddhist monk and scientist, this book combines neuroscience and philosophy to explore the nature of happiness. Ricard offers techniques and reflections on cultivating a fulfilling and compassionate life. It complements philosophical discussions on the good life with practical mindfulness.

6. The Nicomachean Ethics by Aristotle

A foundational text in Western philosophy, Aristotle's work outlines the principles of virtue ethics and the concept of eudaimonia, often translated as flourishing or the good life. It analyzes the role of reason, habit, and moral character in achieving happiness. This classic is essential for understanding the philosophical roots of the good life.

7. Authenticity: What Consumers Really Want by James H. Gilmore and B. Joseph Pine II

Although focused on consumer behavior, this book delves into the human desire for authenticity, a theme central to Guignon's philosophy. It argues that authenticity is key to personal satisfaction and well-being in modern life. The insights bridge philosophical ideas with everyday consumer culture.

8. The Examined Life: How We Lose and Find Ourselves by Stephen Grosz

Grosz, a psychoanalyst, reflects on human experience, self-understanding, and the quest for meaning. His narrative approach highlights how examining one's life can lead to personal growth and a better quality of life. The book complements philosophical discussions by providing psychological perspectives on living well.

9. Philosophy and the Good Life: Reason and the Passions in Greek, Cartesian, and Psychoanalytic Ethics edited by Laurence J. Kirmayer and Arthur M. Cooper

This collection of essays explores different philosophical traditions and their approaches to the good life, focusing on the balance between reason and emotion. It offers diverse perspectives, enriching the discourse initiated by thinkers like Guignon. The book is valuable for readers interested in the multifaceted nature of ethical living.

[**The Good Life Charles Guignon Pdf**](#)

Unlock the Secrets to a Fulfilling Life: A Deep Dive into Charles Guignon's "The Good Life"

This ebook delves into the profound wisdom offered by Charles Guignon's "The Good Life," examining its core principles, practical applications, and lasting impact on readers seeking a more meaningful and fulfilling existence. We'll explore the book's central arguments, analyze its historical context, and provide actionable strategies for implementing its teachings in modern life. The concepts presented resonate powerfully with contemporary discussions on well-being, purpose, and personal growth, making this exploration both timely and relevant.

This guide, titled "Decoding the Good Life: A Practical Guide to Charles Guignon's Philosophy," offers a comprehensive overview of the book and its implications. Its structure is as follows:

Introduction: Defining "The Good Life" according to Guignon and exploring the book's central thesis.

Chapter 1: Guignon's Critique of Modernity: Analyzing Guignon's critique of contemporary society and its impact on individual well-being.

Chapter 2: The Importance of Meaning and Purpose: Examining Guignon's perspective on finding meaning in life and cultivating a sense of purpose.

Chapter 3: Cultivating Authentic Relationships: Exploring Guignon's emphasis on the role of strong relationships in achieving a fulfilling life.

Chapter 4: Embracing Personal Growth and Self-Acceptance: Discussing the importance of personal development and self-acceptance in Guignon's framework.

Chapter 5: The Role of Morality and Ethics: Analyzing Guignon's perspective on ethical living and its contribution to a good life.

Chapter 6: Practical Applications and Exercises: Offering practical strategies and exercises to implement Guignon's philosophy.

Chapter 7: The Good Life in the 21st Century: Applying Guignon's concepts to contemporary challenges and opportunities.

Conclusion: Summarizing key takeaways and reflecting on the enduring relevance of Guignon's work.

The Introduction sets the stage by defining Guignon's vision of "The Good Life," outlining the book's central argument, and providing a brief biographical overview of the author. Chapter 1 delves into Guignon's insightful critique of modern society, highlighting its potential pitfalls and negative consequences for individual fulfillment. Chapter 2 focuses on Guignon's emphasis on finding meaning and purpose, exploring various avenues for achieving this. Chapter 3 underscores the crucial role of genuine human connections in leading a meaningful life, exploring the complexities of relationships. Chapter 4 examines the significance of personal growth and self-acceptance, suggesting strategies for self-improvement. Chapter 5 explores the ethical dimensions of Guignon's philosophy, providing a framework for moral decision-making. Chapter 6 offers practical tools and exercises to help readers apply Guignon's ideas to their daily lives. Chapter 7 bridges the gap between Guignon's philosophy and the realities of the 21st century, addressing contemporary issues. Finally, the Conclusion summarizes the key concepts and reinforces their lasting importance.

Keywords: Charles Guignon, The Good Life, Meaning of Life, Purpose, Fulfillment, Well-being, Happiness, Personal Growth, Self-Acceptance, Authenticity, Relationships, Ethics, Morality,

Modernity, Philosophy, Practical Guide, Self-Help, Existentialism

Recent research in positive psychology strongly supports Guignon's emphasis on the interconnectedness of meaning, purpose, and well-being. Studies consistently demonstrate that individuals with a strong sense of purpose experience higher levels of life satisfaction and resilience. (e.g., Baumeister & Vohs, 2007; Ryan & Deci, 2000). Furthermore, research on social connection highlights the crucial role of strong relationships in promoting mental and physical health (Holt-Lunstad et al., 2010). Guignon's work aligns seamlessly with these findings, offering a robust philosophical framework for understanding and achieving a good life.

Practical Tips Based on Guignon's "The Good Life":

Identify your values: Spend time reflecting on what truly matters to you. What principles guide your decisions? Aligning your actions with your values is crucial for a meaningful life.

Cultivate meaningful relationships: Nurture your connections with loved ones. Invest time and energy in building strong, authentic relationships.

Embrace personal growth: Continuously seek opportunities for learning and self-improvement. Explore new interests, take on challenges, and strive to become the best version of yourself.

Practice self-compassion: Treat yourself with kindness and understanding. Acknowledge your imperfections and accept yourself for who you are.

Engage in meaningful work: Find work that aligns with your values and provides a sense of purpose. Even if your job isn't your passion, find ways to make it meaningful.

Practice mindfulness: Pay attention to the present moment. Engage fully in your experiences, appreciating the small joys of life.

Develop a strong ethical compass: Reflect on your moral values and strive to act in accordance with them. Make ethical considerations a central part of your decision-making process.

By consciously implementing these practical strategies, you can begin to integrate Guignon's philosophy into your daily life, fostering a greater sense of purpose, fulfillment, and overall well-being.

Frequently Asked Questions (FAQs)

1. Who is Charles Guignon? Charles Guignon is a prominent philosopher known for his insightful work on the nature of a good life. His book explores the challenges of modern life and proposes a framework for finding meaning and fulfillment.
2. What is the central argument of "The Good Life"? The book argues that a fulfilling life is achieved

through a combination of factors, including a strong sense of purpose, meaningful relationships, ethical living, and personal growth.

3. How does Guignon's work differ from other self-help books? Guignon's approach is deeply rooted in philosophical inquiry, offering a more profound and intellectually stimulating framework than many self-help books.

4. Is "The Good Life" suitable for beginners in philosophy? While having some philosophical background can be helpful, Guignon's writing is accessible and engaging for readers with varying levels of philosophical knowledge.

5. What are the practical applications of Guignon's ideas? The book's principles can be applied to various aspects of life, from career choices and relationship building to personal growth and ethical decision-making.

6. How can I find a PDF version of "The Good Life"? Unfortunately, unauthorized distribution of copyrighted material is illegal. We advise you to purchase the book legally through reputable channels.

7. How does Guignon's philosophy relate to contemporary issues? The book's themes of meaning, purpose, and ethical living are highly relevant to the challenges and anxieties faced in contemporary society.

8. Is "The Good Life" a religious book? No, "The Good Life" is a philosophical work that explores the nature of a good life from a secular perspective.

9. What are some criticisms of Guignon's ideas? While generally well-received, some critics might argue that Guignon's emphasis on certain aspects of the good life might neglect others, such as material well-being or creative expression.

Related Articles:

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well-being, exploring factors that contribute to a fulfilling life.

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the good life charles guignon pdf: The Good Life Charles B. Guignon, 1999-01-01 Organized around such themes as harmony with one's self and with the world, religious ways of life, the use of reason, self-exploration, self-realization, and social involvement, the selections in this anthology, edited and introduced by Charles Guignon, explore traditional and recent philosophical thought on the topic of human flourishing.

the good life charles guignon pdf: On Being Authentic Charles Guignon, 2004-08-02 'To thine own self be true.' From Polonius's words in Hamlet right up to Oprah, we are constantly urged to look within. Why is being authentic the ultimate aim in life for so many people, and why does it mean looking inside rather than out? Is it about finding the 'real' me, or something greater than me, even God? And should we welcome what we find? Thought-provoking and with an astonishing range of references, On Being Authentic is a gripping journey into the self that begins with Socrates and Augustine. Charles Guignon asks why being authentic ceased to mean being part of some bigger, cosmic picture and with Rousseau, Wordsworth and the Romantic movement, took the strong inward turn alive in today's self-help culture. He also plumbs the darker depths of authenticity, with the help of Freud, Joseph Conrad and Alice Miller and reflects on the future of being authentic in a postmodern, global age. He argues ultimately that if we are to rescue the ideal of being authentic, we have to see ourselves as fundamentally social creatures, embedded in relationships and communities, and that being authentic is not about what is owed to me but how I depend on others.

the good life charles guignon pdf: Existentialism Charles B. Guignon, Derk Pereboom, 2001-01-01 Together with the editor's thoughtful introductions, the central existential writings of Kierkegaard, Nietzsche, Heidegger, and Sartre included in this volume make it the most substantial anthology of existentialism available. Without shortening any of the selections offered in the first edition, the second edition adds valuable context by presenting two additional selections by philosophers who had a profound impact on the development of existentialism: Hegel and Husserl.

the good life charles guignon pdf: The Evening of Life Joseph E. Davis, Paul Scherz, 2020-09-30 Although philosophy, religion, and civic cultures used to help people prepare for aging and dying well, this is no longer the case. Today, aging is frequently seen as a problem to be solved and death as a harsh reality to be masked. In part, our cultural confusion is rooted in an inadequate conception of the human person, which is based on a notion of absolute individual autonomy that cannot but fail in the face of the dependency that comes with aging and decline at the end of life. To help correct the ethical impoverishment at the root of our contemporary social confusion, The Evening of Life provides an interdisciplinary examination of the challenges of aging and dying well. It calls for a re-envisioning of cultural concepts, practices, and virtues that embraces decline, dependency, and finitude rather than stigmatizes them. Bringing together the work of sociologists, anthropologists, philosophers, theologians, and medical practitioners, this collection of essays develops an interrelated set of conceptual tools to discuss the current challenges posed to aging and

dying well, such as flourishing, temporality, narrative, and friendship. Above all, it proposes a positive understanding of thriving in old age that is rooted in our shared vulnerability as human beings. It also suggests how some of these tools and concepts can be deployed to create a medical system that better responds to our contemporary needs. The Evening of Life will interest bioethicists, medical practitioners, clinicians, and others involved in the care of the aging and dying. Contributors: Joseph E. Davis, Sharon R. Kaufman, Paul Scherz, Wilfred M. McClay, Kevin Aho, Charles Guignon, Bryan S. Turner, Janelle S. Taylor, Sarah L. Szanton, Janiece Taylor, and Justin Mutter

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Joel Kupperman provides an engaging introduction to theories of the good life by exploring the strengths and weakness of six simple statements of what a good life should be. Drawing on classic Chinese, Indian, Greek and Roman sources, Kupperman considers the various ways in which one might think about the values that are worth aiming for, and shows that no simple account can adequately express all that a good life can be.

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campuses. Not only do students grapple with existential issues but they also struggle with ethical ones such as Why be moral? In *Introducing Moral Theology*, William Mattison addresses this question as well as grapples with the impact that religious belief has on day-to-day living. Structured in two parts, this unique text on Catholic moral theology covers cardinal virtues (temperance, prudence, fortitude, and justice) as well as theological virtues (faith, hope, and love). It is equipped with study questions, terms and their definitions, and illustrative case studies. Rooted in the Catholic tradition, this overview will also appeal to non-Catholics interested in virtue ethics.

the good life charles guignon pdf: Happiness Steven M. Cahn, Christine Vitrano, 2008 Part I. Historical Sources. Part II. Contemporary theories.

the good life charles guignon pdf: A Significant Life Todd May, 2015-04-02 "A tour de force. It is a thoughtful, subtle, beautifully written discussion of what it takes to live a meaningful life." —Barry Schwartz, author of *The Paradox of Choice* Throughout history most of us have looked to faith, relationships, or deeds to give our lives purpose. But in *A Significant Life*, philosopher Todd May offers an exhilarating new way of thinking about meaning, one deeply attuned to life as it actually is: a work in progress, a journey—and often a narrative. Offering moving accounts of his own life alongside rich engagements with philosophers from Aristotle to Heidegger, he shows us where to find the significance of our lives: in the way we live them. May starts by looking at the fundamental fact that life unfolds over time, and as it does so, it begins to develop certain qualities, certain themes. Our lives can be marked by intensity, curiosity, perseverance, or many other qualities that become guiding narrative values. These values lend meanings to our lives that are distinct from—but also interact with—the universal values we are taught to cultivate, such as goodness or happiness. Offering a fascinating examination of a broad range of figures—from music icon Jimi Hendrix to civil rights leader Fannie Lou Hamer, from cyclist Lance Armstrong to *The Portrait of a Lady's* Ralph Touchett to Claus von Stauffenberg, a German officer who tried to assassinate Hitler—May shows that narrative values offer a rich variety of criteria by which to assess a life, specific to each of us and yet widely available. They offer us a way of reading ourselves, who we are, and who we might like to be.

the good life charles guignon pdf: Contingency, Irony, and Solidarity Richard Rorty, 1989-02-24 In this 1989 book Rorty argues that thinkers such as Nietzsche, Freud, and Wittgenstein have enabled societies to see themselves as historical contingencies, rather than as expressions of underlying, ahistorical human nature or as realizations of suprahistorical goals. This ironic perspective on the human condition is valuable on a private level, although it cannot advance the social or political goals of liberalism. In fact Rorty believes that it is literature not philosophy that can do this, by promoting a genuine sense of human solidarity. A truly liberal culture, acutely aware of its own historical contingency, would fuse the private, individual freedom of the ironic, philosophical perspective with the public project of human solidarity as it is engendered through the insights and sensibilities of great writers. The book has a characteristically wide range of reference from philosophy through social theory to literary criticism. It confirms Rorty's status as a uniquely subtle theorist, whose writing will prove absorbing to academic and nonacademic readers alike.

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that personal understandings concerning ethical and other values (so called strong evaluation) is necessary, in different ways, for human agency, selfhood, identity and personhood. Secondly, Laitinen defends and develops in various ways Taylor's value realism. Finally, the book criticizes Taylor's view that it is necessary to identify and locate a constitutive source of value, such as God, Nature or Human Reason. Taylor relies heavily on this claim in his accounts of moral life, modern identity and, most recently, secularisation. Laitinen argues that the whole notion of constitutive moral source should be dropped – Taylor's views concerning strong evaluation and value realism are distorted by the question of constitutive moral sources.

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