

## STRIKING A BALANCE: THE GOLDEN MEAN OF HAPPINESS IN ARISTOTLE'S PHILOSOPHY

*Dr. Vinitha Mohan*

*Assistant Professor, Department of Philosophy, HHMSPB NSS College for Women, Thiruvananthapuram, India*

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### **ABSTRACT**

*This article delves into Aristotle's philosophy on happiness and virtue, with a particular focus on the concept of the golden mean. Aristotle's ethical framework emphasizes finding a balance between extremes to cultivate virtuous behavior and achieve happiness. We explore how Aristotle's insights into balance, moderation, and virtuous conduct offer valuable guidance for leading fulfilling lives in contemporary society. Through an analysis of key principles and examples from Aristotle's Nicomachean Ethics, we uncover the timeless relevance of the golden mean in fostering personal and societal well-being.*

**KEYWORDS:** *Golden Mean, Happiness, Virtue, Balance, Ethics, Philosophy, Well-Being, Moderation, Societal Impact*