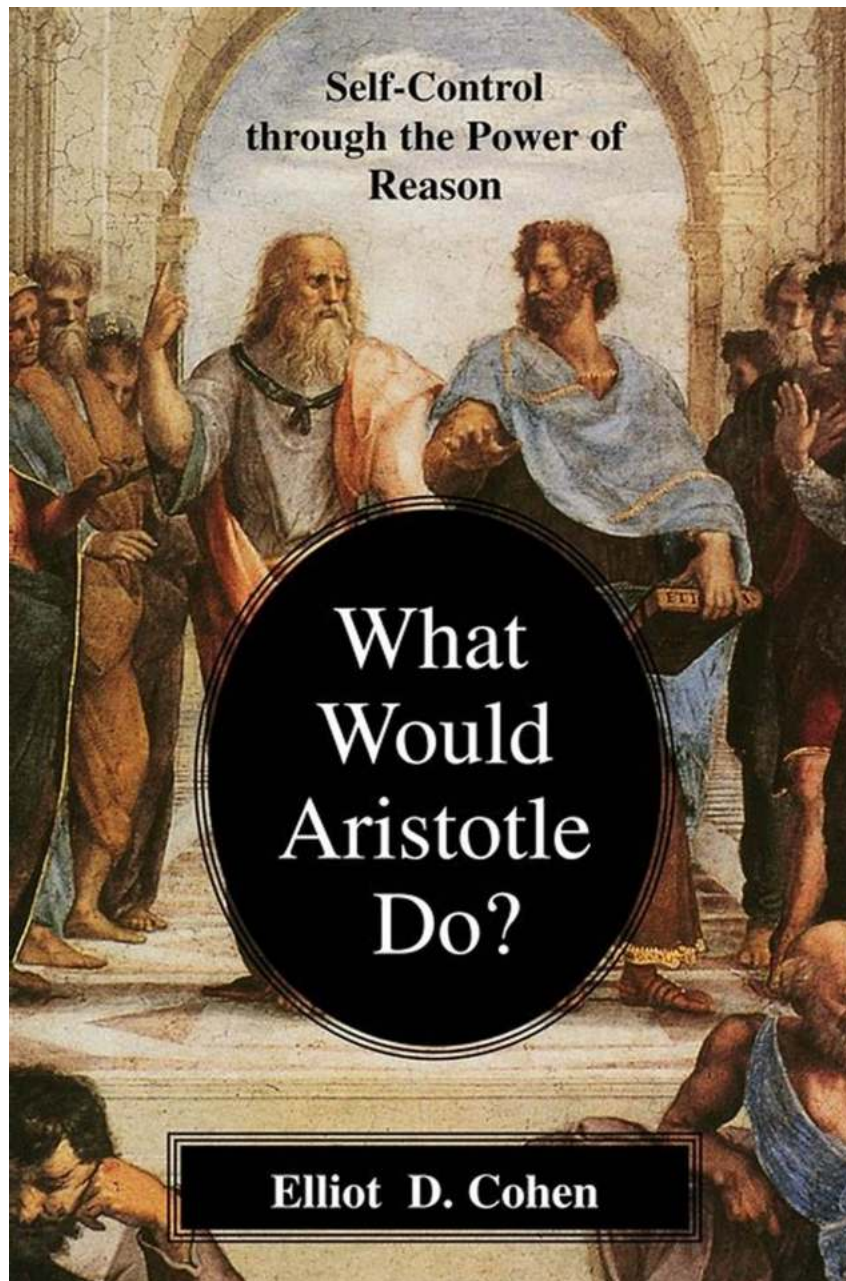


What Would Aristotle Do? Self Control Through The Power Of Reason

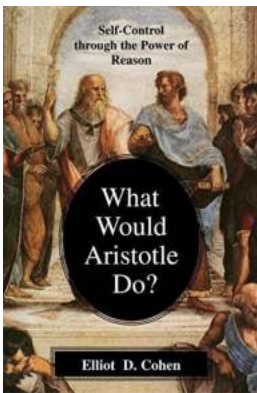


Self-control is a virtue that has been praised throughout history. It is the ability to restrain one's impulses, emotions, and desires in order to achieve a higher goal. Many philosophers have explored the nature of self-control and offered various techniques to develop this essential trait. In this article, we will delve into the

teachings of the famous ancient Greek philosopher, Aristotle, and uncover the power of reason in cultivating self-control.

The Importance of Self-Control

Before we dive into Aristotle's philosophy, let's understand why self-control is crucial in our lives. Self-control enables us to make rational decisions, resist temptations, and overcome short-term gratifications for long-term benefits. It is the bridge between our impulses and our values, allowing us to align our actions with our principles.



What Would Aristotle Do? Self-Control Through the Power of Reason by Elliot D. Cohen (Kindle Edition)

★★★★☆ 4.2 out of 5

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Text-to-Speech: Enabled

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Without self-control, we may succumb to destructive habits and impulsive behaviors, hindering our personal growth and overall well-being. Self-control empowers individuals to resist bad habits like procrastination, excessive consumption, and impulsive reactions to negative situations. It is the cornerstone of success and a key aspect of leading a fulfilled life.

Aristotle's Philosophy on Self-Control

Aristotle, often considered one of the greatest philosophers in history, believed that self-control is not about suppressing or denying our desires. Instead, it is

about developing the rational part of our soul, which he called "reason." According to him, reason is the distinctive characteristic of human beings that sets us apart from other animals.

To Aristotle, self-control is achieved through the cultivation of reason, which helps us distinguish between our rational and irrational desires. He argued that reason should govern our emotions and desires, acting as a guide in making virtuous choices. By engaging our reason and employing practical wisdom, we can exercise self-control and lead a life of moral excellence.

The Power of Reason in Self-Control

Reason acts as a powerful tool in developing self-control. It allows us to analyze situations objectively, consider the consequences of our actions, and make informed decisions. By thinking rationally, we are less likely to give in to impulsive urges and short-term gratifications.

For instance, imagine you have set a goal to lead a healthier lifestyle by exercising regularly. However, on a particularly stressful day, you feel exhausted and tempted to skip your workout. Through the power of reason, you can remind yourself of the long-term benefits of regular exercise, such as improved physical health, increased energy levels, and enhanced well-being. By focusing on the rational reasons behind your goal, you can resist the immediate desire to avoid the workout and maintain your self-control.

Practical Techniques to Cultivate Self-Control

Aristotle's philosophy provides us with practical techniques to cultivate self-control through the power of reason. Here are some strategies you can implement in your daily life:

1. Reflect on your values:

Take the time to reflect on your values and set clear goals in line with these principles. Understanding what is truly important to you will provide you with a strong foundation for self-control.

2. Engage in self-reflection:

Regularly reflect on your actions, emotions, and desires. Analyze whether they align with your values and consider the rationality behind them. This self-awareness will help you identify areas where you need to exercise self-control.

3. Practice delayed gratification:

Train yourself to delay immediate gratification for long-term rewards. By resisting instant pleasures, you strengthen your self-control muscles and develop a greater ability to make rational choices.

4. Seek support and accountability:

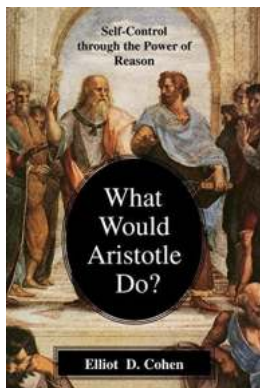
Share your goals and intentions with a supportive friend or join a community that shares similar aspirations. Having someone to hold you accountable and provide encouragement can significantly enhance your self-control.

5. Practice mindfulness:

Mindfulness meditation can help you cultivate self-control by increasing your awareness of the present moment. This heightened awareness allows you to pause, consider your actions, and respond in a more rational manner.

In the journey towards self-control, Aristotle's teachings on reason provide valuable insights. By engaging our rationality, we can avoid succumbing to impulsive desires and make choices aligned with our values and long-term goals. Developing self-control through the power of reason empowers us to lead a more fulfilled and virtuous life.

So, the next time you find yourself facing a challenging situation or struggling with self-control, ask yourself, "What would Aristotle do?" Remember the power of reason and let it guide you towards a path of self-mastery.



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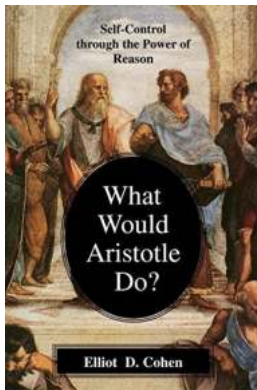
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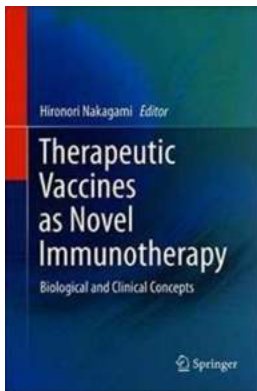
Do you get upset easily, even about small things, or have trouble getting along with others? Do you feel down most of the time? Are you plagued by loneliness, grief, guilt, or a gnawing feeling of life's futility? Does fear, anxiety, or worry often overwhelm you? In this uplifting, user-friendly guide, philosopher Elliot D. Cohen offers an uncommonly commonsense approach to these and many other problems of living. Cohen, one of the principal founders of "philosophical counseling" in the United States, reveals how you can attain genuine insight into the common confusions of everyday life by harnessing your own native powers of reason."Early on in my work with clients," writes Cohen, "I became aware that the utility of philosophy for ordinary life was in the rigors of its rational, commonsense approach." Through engaging case studies drawn from his practice, and candid discussion of his own personal life ("stories of the road"), Cohen vividly illustrates how, by making unrealistic assumptions about life, you may be undermining your own personal and interpersonal happiness without even realizing it. Step by step, the author shows you how to use your native reason to expose, refute, correct,

and overcome these sometimes dangerous, irrational assumptions hidden in your thinking. This realistic, no-nonsense, and drug-free approach to "rational medicine," in the tradition of Aristotle, walks you through some of the most injurious and offending fallacies of life, and arms you with many commonsense prescriptions for attaining greater freedom and control over your life.



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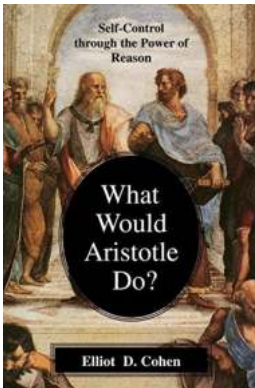
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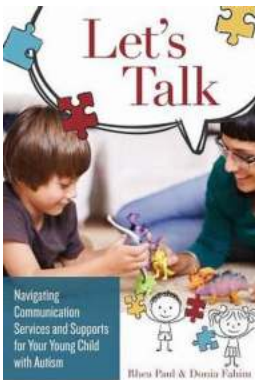
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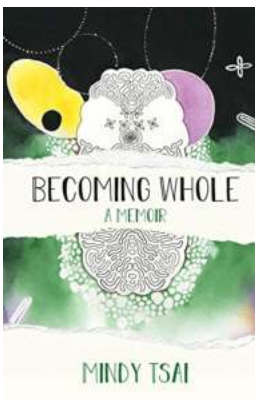
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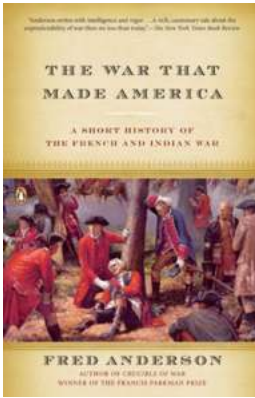
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