

CONFLICTING PROVERBS

1. It is better to be safe than sorry...but nothing ventured, nothing gained.
2. Many hands make light work...but too many cooks spoil the broth.
3. Actions speak louder than words, but the pen is mightier than the sword.
4. Absence makes the heart grow fonder...but out of sight, out of mind.
5. Life is what you make of it...but whatever will be will be.
6. You're never too old to learn...but you can't teach an old dog new tricks.
7. Two heads are better than one...but if you want something done right, do it yourself.
8. Do unto others as you would have others do unto you...but nice guys finish last.
9. Clothes make the man...but don't judge a book by its cover.
10. Silence is golden...but the squeaking wheel gets the grease.
11. Two's company, three's a crowd...but the more, the merrier.
12. Birds of a feather flock together...but opposites attract.
13. The bigger the better...but good things come in small packages.
14. Practice makes perfect...but nobody is perfect.
15. The best things in life are free...but there is no such thing as a free lunch.
16. What's good for the goose is good for the gander...but one person's meat is another's poison.
17. If at first you don't succeed, try again...but don't beat your head against a stone wall.
18. The only thing constant is change...but the more things change the more they stay the same.
19. Absence makes the heart grow fonder...but out of sight, out of mind.
20. It's better to be safe than sorry...but nothing ventured, nothing gained.
21. Life is what you make it...but whatever will be will be.
22. Many hands make light work...but too many cooks spoil the broth.
23. Actions speak louder than words...but the pen is mightier than the sword.
24. Wise men think alike...but fools seldom differ.
25. Look before you leap...but he who hesitates is lost.

Contextualized Knowledge

Experts have a vast repertoire of knowledge and experience to pull from, but only a small portion of that knowledge is relevant in any particular situation. For example, it's not enough to merely know proverbs and explain what they mean; we must also be able to apply this knowledge when *contextually* relevant. Contextualized knowledge provides discernment, discretion, and flexibility to the decision-making process and is the beginning of strategic thinking rather than mere tactical thinking. (*Tactics are what you do when you do know what to do; strategies are what you do when you don't know what to do.*)

Read the full article here: www.hashtagpositivity.com/blog/conflicting-advice

THEORIES OF HAPPINESS

1. Hedonism

"Happiness is the greatest aim in life. Tranquility and rationality are the cornerstones of happiness."

— Epicurus (341 BC – 270 BC)

- Happiness is the experience of pleasure through tranquility and freedom from fear—gained through the acquisition of knowledge, living modestly, and limiting your desires.

2. Quantitative Hedonism

"Create all the happiness you are able to create; remove all the misery you are able to remove. Every day will allow you [and] invite you to add something to the pleasure of others or to diminish something of their pains." — Jeremy Bentham (1748 – 1832)

- Happiness is a measurable, felt sensation of pleasure—to be happy is to experience a greater amount of pleasure over pain.

3. Qualitative Hedonism

"It is better to be a human being dissatisfied than a pig satisfied; better to be Socrates dissatisfied than a fool satisfied." — John Stuart Mill (1806 – 1873)

- Low-quality pleasures provide little happiness, yet high-quality happiness provides greater happiness. High-quality pleasures involve the human capacity for reason and appreciation of aesthetic beauty.

4. Modified Quantitative Hedonism

"Your happiness or unhappiness is largely decided by comparisons—on whether you achieve goals and meet expectations." — Daniel Kahneman (1934 –)

- Happiness is largely determined by your

5. Attitudinal Hedonism

"You can be happy with the state of affairs, even if you don't necessarily feel good."

— Fred Feldman (1941 –)

- In other words, happiness is decided by your attitude towards your circumstances regardless of whether you derive any physical pleasure from it.

"We can experience pleasure, both in the attitudinal and feeling sense, even when our experiences are illusionary." — Fred Feldman

- In other words, the experience of a good lie can positively affect attitudinal pleasure.

6. Life Satisfactionism

"Happiness is a state or trait that reflects your history and potential for future tendencies."

— Daniel Haybron

- If you are happy, it's because you have a predominance of joyfulness, high-spiritedness, and peace of mind.

7. Eudemonia

"We become just by doing just actions, temperate by doing temperate actions, brave by doing brave actions. [Yet] one swallow does not make a spring, nor...does one day or a short time make us blessed and happy." — Aristotle (384 BC – 322 BC)

- Happiness is achieved when you live a flourishing life, fulfilling your full potential in all areas of virtue—including honor, courage, temperance, understanding, truthfulness, modesty, and so forth. This is not so much considered a destination as it is a process.

8. Value-Based Life Satisfaction

"Your life goes well for you if you have a good sense of what matters and you feel good about your life because you are achieving it." — Valerie Tiberius & Alicia Hall

- Happiness is achieved when you order your values and live according to those values.