



Teaching Boethius with Josh Gibbs

Lesson 3: Life of the Mind & Happiness

Outline:

Book 2, Chapter 4

Lady Philosophy discusses “the health of the life of the mind and the role of imagination in making the happiness of the man.”

- Boethius claims that the worst part of misfortune is the memory of once being happy.
- Man can, in many ways, control fortune.
- Lady Philosophy ineffectually helps Boethius “count his blessings.”
- Lady Philosophy posits that no one is without unhappiness, regret, or suffering in his life; we simply do not always see the suffering of others. Conversely, those who are most happy are also most likely to be easily upset by trifling adversity.
- “All luck is good luck to the man who bears it with equanimity.”

“Fortune may be the arbiter of one half of our actions, but she still leaves us the other half, or perhaps a little less, to our free will.” Machiavelli