

# Cambridge Elements

Elements in Ethics

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## HAPPINESS AND WELL-BEING

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## Happiness and Well-Being

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**Abstract:** This Element provides an opinionated introduction to the debate in moral philosophy over identifying the basic elements of well-being and to the related debate over the nature of happiness. The question of the nature of happiness is simply the question of what happiness *is* (as opposed to what causes it or how to get it), and the central philosophical question about well-being is the question of what things are in themselves of ultimate benefit or harm to a person, or directly make them better or worse off.

**Keywords:** happiness, welfare, quality of life, pleasure, life satisfaction

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