

HAPPINESS AND MEANING: TWO ASPECTS OF THE GOOD LIFE

BY SUSAN WOLF

The topic of self-interest raises large and intractable philosophical questions—most obviously, the question “In what does self-interest consist?” The concept, as opposed to the content of self-interest, however, seems clear enough. Self-interest is interest in one’s own good. To act self-interestedly is to act on the motive of advancing one’s own good. Whether what one does actually is in one’s self-interest depends on whether it actually does advance, or at least, minimize the decline of, one’s own good. Though it may be difficult to tell whether a person is motivated by self-interest in a particular instance, and difficult also to determine whether a given act or decision really is in one’s self-interest, the meaning of the claims in question seems unproblematic.

My main concern in this essay is to make a point about the content of self-interest.¹ Specifically I shall put forward the view that meaningfulness, in a sense I shall elaborate, is an important element of a good life. It follows, then, that it is part of an enlightened self-interest that one wants to secure meaning in one’s life, or, at any rate, to allow and promote meaningful activity within it. Accepting this substantial conception of self-interest, however, carries with it a curious consequence: the concept of self-interest which formerly seemed so clear begins to grow fuzzy. Fortunately, it comes to seem less important as well.

I. THEORIES OF SELF-INTEREST

In *Reasons and Persons*,² Derek Parfit distinguishes three sorts of theories about self-interest—hedonistic theories, preference theories, and what he calls “objective-list theories.” *Hedonistic theories* hold that one’s good is a matter of the felt quality of one’s experiences. The most popular theory of self-interest, which identifies self-interest with happiness, and happiness with pleasure and the absence of pain, is a prime example of a hedonistic theory. Noting that some people do not care that much about their own happiness, however—and, importantly, that they do not even regard their own happiness as the exclusive element of their own good—

¹ The view described and defended here shows the influence of and my sympathy with the views of Aristotle and John Stuart Mill throughout. I cannot individuate my debts to them; they are pervasive.

² Derek Parfit, *Reasons and Persons* (Oxford: Oxford University Press, 1984).

has led some to propose a *preference theory* of self-interest, which would identify a person's good with what the person most wants for herself. Thus, for example, if a person cares more about being famous, even posthumously famous, than about being happy, then a preference theory would accord fame a proportionate weight in the identification of her self-interest. If a person cares more about knowing the truth than about believing what it is pleasant or comfortable to believe, then it is in her self-interest to have the truth, unpleasant as it may be.

A person's preferences regarding herself, however, may be self-destructive or otherwise bizarre, and it may be that some things (including pleasure) are good for a person whether the person prefers them or not. It is not absurd to think that being deceived is bad for a person (and thus that not being deceived is good for a person) whether or not the person in question consciously values this state. Friendship and love may also seem to be things whose goodness explains, rather than results from, people's preferences for them. The plausibility of these last thoughts explains the appeal of *objective-list theories*, according to which a person's good includes at least some elements that are independent of or prior to her preferences and to their effect on the felt quality of her experience. On this view, there are some items, ideally specifiable on an "objective list," whose relevance to a fully successful life are not conditional on the subject's choice.

The view that I shall be advancing, that meaningfulness is an ingredient of the good life, commits one to a version of this last kind of theory, for my claim is that meaningfulness is a nonderivative aspect of a good life—its goodness does not result from its making us happy or its satisfying the preferences of the person whose life it is. Thus, it follows that any theory that takes self-interest to be a wholly subjective matter, either in a sense that identifies self-interest with the subjective quality of a person's experiences or in a sense that allows the standards of self-interest to be set by a person's subjective preferences, must be inadequate. At the same time, it would be a mistake to think that the objective good of a meaningful life is one that is wholly independent of the subject's experience or preferences, as if it could be good for a person to live a meaningful life whether or not it makes her happy or satisfies her preferences. Indeed, as we will see, the very idea that activities can make a life meaningful without the subject's endorsement is a dubious one.

II. MEANING IN LIFE

What is a meaningful life? Spelling it out will constitute the bulk of my essay, for my hope is that once the idea is spelled out, it will be readily agreed that it is an element of a fully successful life.

A meaningful life is, first of all, one that has within it the basis for an affirmative answer to the needs or longings that are characteristically described as needs for meaning. I have in mind, for example, the sort of

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about being famous, even if it means giving up, then a preference theory can be used in the identification of her preferences. Knowing the truth than about the truth to believe, then it is in her hands it may be.

However, one may be self-destructive by doing some things (including pleasure) and prefers them or not. It is difficult for a person (and thus that person) whether or not the person in question and love may also seem to be more than results from, people's preferences. The last thoughts explains the fact that a person's good includes her preferences or prior to her preferences or experience. On this view, there is an "active list," whose relevance is in the subject's choice.

Meaningfulness is an ingredient of this last kind of theory, a derivative aspect of a good that makes us happy or its satisfaction it is. Thus, it follows that it is a subjective matter, either the subjective quality of a person or the standards of self-interest must be inadequate. At the end, that the objective good of a person is independent of the subject's expectations for a person to live a meaningful life or satisfies her preferences. Activities can make a life meaningful or a dubious one.

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as within it the basis for an analysis that are characteristically independent, for example, the sort of

questions people ask on their deathbeds, or simply in contemplation of their eventual deaths, about whether their lives have been (or are) worth living, whether they have had any point, and the sort of questions one asks when considering suicide and wondering whether one has any reason to go on. These questions are familiar from Russian novels and existentialist philosophy, if not from personal experience. Though they arise most poignantly in times of crisis and intense emotion, they also have their place in moments of calm reflection, when considering important life choices. Moreover, paradigms of what are taken to be meaningful and meaningless lives in our culture are readily available. Lives of great moral or intellectual accomplishment—Gandhi, Mother Teresa, Albert Einstein—come to mind as unquestionably meaningful lives (if any are); lives of waste and isolation—Thoreau's "lives of quiet desperation," typically anonymous to the rest of us, and the mythical figure of Sisyphus—represent meaninglessness.

To what general characteristics of meaningfulness do these images lead us and how do they provide an answer to the longings mentioned above? Roughly, I would say that meaningful lives are lives of active engagement in projects of worth. Of course, a good deal needs to be said in elaboration of this statement. Let me begin by discussing the two key phrases, "active engagement" and "projects of worth."

A person is actively engaged by something if she is gripped, excited, involved by it. Most obviously, we are actively engaged by the things and people about which and whom we are passionate. Opposites of active engagement are boredom and alienation. To be actively engaged in something is not always pleasant in the ordinary sense of the word. Activities in which people are actively engaged frequently involve stress, danger, exertion, or sorrow (consider, for example: writing a book, climbing a mountain, training for a marathon, caring for an ailing friend). However, there is something good about the feeling of engagement: one feels (typically without thinking about it) especially alive.

That a meaningful life must involve "projects of worth" will, I expect, be more controversial, for the phrase hints of a commitment to some sort of objective value. This is not accidental, for I believe that the idea of meaningfulness, and the concern that our lives possess it, are conceptually linked to such a commitment.³ Indeed, it is this linkage that I want to defend, for I have neither a philosophical theory of what objective value is nor a substantive theory about what has this sort of value. What is clear to me is that there can be no sense to the idea of meaningfulness without a distinction between more and less worthwhile ways to spend one's time, where the test of worth is at least partly independent of a subject's ungrounded preferences or enjoyment.

³ This point is made by David Wiggins in his brilliant but difficult essay "Truth, Invention, and the Meaning of Life," *Proceedings of the British Academy*, vol. 62 (1976).

Consider first the longings or concerns about meaning that people have, their wondering whether their lives are meaningful, their vows to add more meaning to their lives. The sense of these concerns and resolves cannot fully be captured by an account in which what one does with one's life doesn't matter, as long as one enjoys or prefers it. Sometimes people have concerns about meaning despite their knowledge that their lives to date have been satisfying. Indeed, their enjoyment and "active engagement" with activities and values they now see as shallow seems only to heighten the sense of meaninglessness that comes to afflict them. Their sense that their lives so far have been meaningless cannot be a sense that their activities have not been chosen or fun. When they look for sources of meaning or ways to add meaning to their lives, they are searching for projects whose justifications lie elsewhere.

Second, we need an explanation for why certain sorts of activities and involvements come to mind as contributors to meaningfulness while others seem intuitively inappropriate. Think about what gives meaning to your own life and the lives of your friends and acquaintances. Among the things that tend to come up on such lists, I have already mentioned moral and intellectual accomplishments and the ongoing activities that lead to them. Relationships with friends and relatives are perhaps even more important for most of us. Aesthetic enterprises (both creative and appreciative), the cultivation of personal virtues, and religious practices frequently loom large. By contrast, it would be odd, if not bizarre, to think of crossword puzzles, sitcoms, or the kind of computer games to which I am fighting off addiction as providing meaning in our lives, though there is no question that they afford a sort of satisfaction and that they are the objects of choice. Some things, such as chocolate and aerobics class, I choose even at considerable cost to myself (it is irrelevant that these particular choices may be related); so I must find them worthwhile in a sense. But they are not the sorts of things that make life worth living.⁴

"Active engagement in projects of worth," I suggest, answers to the needs an account of meaningfulness in life must meet. If a person is or has been thus actively engaged, then she does have an answer to the question of whether her life is or has been worthwhile, whether it has or has had a point. When someone looks for ways to add meaning to her life, she is looking (though perhaps not under this description) for worthwhile projects about which she can get enthused. The account also explains why some activities and projects but not others come to mind as contributors to

⁴ Woody Allen appears to have a different view. His list of the things that make life worth living at the end of *Manhattan* includes, for example "the crabs at Sam Woo's," which would seem to be on the level of chocolates. On the other hand, the crabs' appearance on the list may be taken to show that he regards the dish as an accomplishment meriting aesthetic appreciation, where such appreciation is a worthy activity in itself; in this respect, the crabs might be akin to other items on his list such as the second movement of the *Jupiter Symphony*, Louis Armstrong's recording of "Potatohead Blues," and "those apples and pears of Cézanne." Strictly speaking, the appreciation of great chocolate might also qualify as such an activity.

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meaning in life. Some projects, or at any rate, particular acts, are worth-while but too boring or mechanical to be sources of meaning. People do not get meaning from recycling or from writing checks to Oxfam and the ACLU. Other acts and activities, though highly pleasurable and deeply involving, like riding a roller coaster or meeting a movie star, do not seem to have the right kind of value to contribute to meaning.

Bernard Williams once distinguished categorical desires from the rest. Categorical desires give us reasons for living—they are not premised on the assumption that we will live. The sorts of things that give meaning to life tend to be objects of categorical desire. We desire them, at least so I would suggest, because we think them worthwhile. They are not worth-while simply because we desire them or simply because they make our lives more pleasant.

Roughly, then, according to my proposal, a meaningful life must satisfy two criteria, suitably linked. First, there must be active engagement, and second, it must be engagement in (or with) projects of worth. A life is meaningless if it lacks active engagement with anything. A person who is bored or alienated from most of what she spends her life doing is one whose life can be said to lack meaning. Note that she may in fact be performing functions of worth. A housewife and mother, a doctor, or a busdriver may be competently doing a socially valuable job, but because she is not engaged by her work (or, as we are assuming, by anything else in her life), she has no categorical desires that give her a reason to live. At the same time, someone who *is* actively engaged may also live a meaningless life, if the objects of her involvement are utterly worthless. It is difficult to come up with examples of such lives that will be uncontroversial without being bizarre. But both bizarre and controversial examples have their place. In the bizarre category, we might consider pathological cases: someone whose sole passion in life is collecting rubber bands, or memorizing the dictionary, or making handwritten copies of *War and Peace*. Controversial cases will include the corporate lawyer who sacrifices her private life and health for success along the professional ladder, the devotee of a religious cult, or—an example offered by Wiggins⁵—the pig farmer who buys more land to grow more corn to feed more pigs to buy more land to grow more corn to feed more pigs.

We may summarize my proposal in terms of a slogan: "Meaning arises when subjective attraction meets objective attractiveness." The idea is that in a world in which some things are more worthwhile than others, meaning arises when a subject discovers or develops an affinity for one or typically several of the more worthwhile things and has and makes use of the opportunity to engage with it or them in a positive way.

An advantage of the slogan is that it avoids the somewhat misleading reference to "projects." That term is less than ideal in its suggestion of

⁵ See Wiggins, "Truth, Invention, and the Meaning of Life," p. 342.

well-defined and goal-oriented tasks. To be sure, many projects do add meaning to life—mastering a field of study, building a house, turning a swamp into a garden, curing cancer—but much of what gives meaning to life consists in ongoing relationships and involvements—with friends, family, the scientific community, with church or ballet or chess. These ongoing strands of life give rise to and are partly constituted by projects—you plan a surprise party for your spouse, coach a little league team, review an article for a journal—but the meaning comes less from the individuated projects than from the larger involvements of which they are parts. The slogan, moreover, is intentionally vague, for if pretheoretical judgments about meaning even approximate the truth, then not only the objects of worth but also the sorts of interaction with them that are capable of contributing to meaning are immensely variable. One can get meaning from creating, promoting, protecting (worthwhile) things, from helping people one loves and people in need, from achieving levels of skill and excellence, from overcoming obstacles, from gaining understanding, and even from just communing with or actively appreciating what is there to be appreciated.

It is part of our job, if not our natural bent, as philosophers to be skeptical—about the correctness of these pretheoretical judgments, about our ability reliably to distinguish meaningful from meaningless activities, and about the very coherence of the distinction. About the first two worries I am not very concerned. Assuming that the distinctions are coherent and that some activities are more worthwhile than others, our culture-bound, contemporary judgments of which activities are worthwhile are bound to be partly erroneous. History is full of unappreciated geniuses, of artists, inventors, explorers whose activities at their time were scorned, as it is full of models of behavior and accomplishment that later seem to have been overrated. Though we may improve our judgments, both particular and general, by an open-minded, concentrated, and communal effort to examine and articulate the basis for them (a project that strikes me as both worthwhile and intrinsically interesting), the hope or expectation that such scrutiny will yield a reliable method for generally distinguishing worthwhile from worthless activities seems overly optimistic. Why do we respect people who devote themselves to chess more than those who become champions at pinball? Why do we admire basketball stars more than jump-rope champions? What is more worthwhile about writing a book on the philosophy of language than writing one on Nicole Brown Simpson's sex life? It is useful to ask and to answer such questions, so far as we can, both to widen and correct our horizons and to increase our understanding. But our inability to give complete and adequate answers, or to be confident in the details of our assessments, need not be a serious problem. The point of recognizing the distinction, after all, is not to give rankings of meaningful lives. There is no need, in general, to pass judgment on individuals or even on activities in which people want to

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is meant, as philosophers to be able to make retheoretical judgments, about the value of meaningful activities, and to distinguish them from meaningless activities. About the first two worthwhileness distinctions are coherent and worthwhile than others, our culture-recognized activities are worthwhile are full of unappreciated geniuses, activities that at their time were scorned, or accomplishments that later seem to have proved our judgments, both particular and communal, for them (a project that strikes as interesting), the hope or expectable method for generally disinterested activities seems overly optimistic. We seem to ourselves to chess more than to write. Why do we admire basketball more than writing one on Nicole Kidman and to answer such questions, to expand our horizons and to increase our knowledge, complete and adequate and our assessments, need not be a simple matter. The distinction, after all, is not that there is no need, in general, to pass up activities in which people want to

engage. The point is rather at a more general level to understand the ingredients of our own and others' good, and to get a better idea of the sorts of considerations that provide reasons for living our lives one way rather than another.

The point, which I am in the midst of developing, is that meaningfulness is a nonderivative part of an individual's good, and that meaningfulness consists in active engagement in projects or activities of worth. Though it seems to me that the point and most of its usefulness can stand despite acknowledged difficulties with identifying precisely which projects or activities these are, it would be utterly destroyed if it turned out that there were no such things as projects or activities of worth at all—if it turned out, in other words, as Bentham thought, that pushpin were as good as poetry,⁶ not because of some heretofore undiscovered excellences in the game of pushpin, but because the very idea of distinctions in worth is bankrupt or incoherent. If there are no projects of worth (in contrast to other projects), then there are no such things as what I have in mind by more and less meaningful lives, and so it cannot be a part of one's good to live a more meaningful rather than a less meaningful life. If the idea of a worthwhile project is just a fraud or a hoax, then my account of self-interest is undone by it.

Since I have no *theory* of worth by which to prove the coherence of the concept or refute all skeptical challenges, I can only acknowledge the vulnerability of my account of self-interest in this regard. That we do, most of us, believe that some activities and projects are more worthwhile than others, that we regard certain activities as wastes of time (or near wastes of time) and others as inherently valuable, seems undeniable. These beliefs lie behind dispositions to feel proud or disgusted with ourselves for time spent well or badly, and they account for at least some of our efforts to steer our children and our friends toward some activities and away from others. When I try to take up a point of view that denies the distinction between worthwhile and worthless activity, I cannot find it convincing. Still, it is an article of faith that these untheoretical judgments, or some core of them, are philosophically defensible. It is on the assumption that they are defensible that my views about meaningfulness and self-interest are built.

III. TWO CHALLENGES

My proposal so far has been that meaningfulness in life arises from engagement in worthwhile activity. I have argued for the plausibility of this account on the grounds that it fits well both with the needs that are typically referred to as needs for meaning and with the concrete judg-

⁶ This remark was made famous by John Stuart Mill, who quoted it in his essay on Bentham. See J. M. Robson, ed., *Collected Works of John Stuart Mill*, vol. 10 (Toronto: University of Toronto Press, 1969), p. 113.

ments of meaningful and meaningless activity that are most commonly made. Before proceeding with an examination of the relation between meaning and self-interest, two challenges to this account of meaning should be answered.

The first objects that, contrary to my claims, my account of meaning fails to meet the requirements I have set up for it. It fails, more particularly, to answer to the needs of at least one type of longing for meaning that members of our species tend to have. Traditional worries about the meaning of life, often set off by reflections on our own mortality and on the indifference of the cosmos in which we occupy so tiny a place, are rarely appeased by the reflection that one can actively engage in projects of worth. At least, they are not appeased by reflection on the availability of the kind of projects I have been talking about, like taking up the cello, writing a novel, volunteering at a child's day-care center or a nursing home. Tolstoy, the publicly acclaimed author of some of the greatest works of literature ever written, the father and spouse of what he described (perhaps inaccurately) as a loving and successful family, could have had no doubt that, relatively speaking, his life was spent in projects as worthwhile as any. Yet he was plagued by the thought that it was all for naught.⁷ Nothing he did seemed to save his life from meaninglessness. Like Tolstoy, such philosophers as Albert Camus⁸ and Thomas Nagel⁹ see the meaning or meaninglessness of life as an issue relating to the human condition. The difference between a person who wastes her time in frivolous or shallow pursuits and one who makes something of herself and serves humanity cannot, on their views, make the difference between a meaningful and a meaningless life.

To try to give a wholly adequate answer to this challenge would take us too far afield from the purposes of this essay. The issue of *The Meaning of Life* is too obscure and complex, and the differences among the philosophers whose views seem to pose a challenge to the one I am offering call for different responses. Some brief remarks, however, will at least indicate what a more detailed answer might look like and will give some reason for thinking that the challenge can be met.

Among those who think that meaning in life, or the lack of it, is primarily concerned with facts about the human condition, some disagree not with my general account of meaning but with, if you will, its application. Their position, in other words, shares my view that meaning comes from engagement in projects of worth, but assigns certain facts about the human condition a crucial role in settling whether there are any such projects. If God does not exist, they think, then nothing is any more

⁷ See Leo Tolstoy, "My Confession," in E. D. Klemke, ed., *The Meaning of Life* (New York: Oxford University Press, 1981).

⁸ Albert Camus, *The Myth of Sisyphus and Other Essays* (New York: Vintage Books, 1955).

⁹ Thomas Nagel, "The Absurd," in Nagel, *Mortal Questions* (Cambridge: Cambridge University Press, 1979).

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worthwhile than anything else. Within this group, some believe that God is the only possible standard for judgments of nonsubjective value. If God does not exist, they think, then neither does moral or aesthetic value or any other sort of value that could distinguish some projects as better than others. Others believe that though there may be a difference between great literature and junk, and between virtue and vice, there is no point in bothering about which you occupy yourself with. Nothing lasts forever; the human race will be destroyed; the earth will crash into the sun. Only God, and the promise of an eternal life either for ourselves or for the universe in which our accomplishments have a place, can give a point to our living lives one way rather than another. Only God can make meaningful life so much as a possibility.

My own view about this position is that it expresses an irrational obsession with permanence; but it is enough for the purposes of this essay to note that it does not really challenge the account of meaning I have offered. I have already acknowledged that the usefulness of my account rests on the assumption that the distinction between worthwhile and worthless projects is defensible, and on the assumption that at least a core of our beliefs about what is worthwhile and what is worthless is roughly correct. Those who think that God is a necessary grounding for these assumptions and who believe in Him may still find my account of meaning acceptable. Those who think that God is a necessary grounding that unfortunately does not exist will reject my substantive claims about meaning for reasons we have already admitted.

Others, including Nagel and arguably Camus, think that there are differences between better and worse ways to live our lives. Evidently, they think that projects and activities can be more and less worthwhile, and that we have some sort of reason to favor the more worthwhile. They do not, however, see these facts as supplying a basis for meaning. Like the group just discussed, they link meaning inextricably to facts about our place in space-time and in the order of the cosmos. In an indifferent universe, they think, our lives are unavoidably meaningless no matter what we do with them. On the other hand, there may be some other point to choosing to do something good or worthwhile. This view disagrees explicitly with my own proposal—indeed, it appears to be in outright contradiction to it. However, it seems to me to be largely a disagreement in the use of words. *The* issue of meaning, which these philosophers tie essentially to issues about our significance (or lack of it) in the universe, seems to me to be really a tangle of issues with overlapping strands. Though talk about meaning sometimes expresses a concern about our relation to the cosmos, the use of the term and its cognates to refer to differences among human lives and activities is no less common. I believe that there are relations between these different uses that have not been fully appreciated, and that philosophers like Nagel and Camus have insufficiently recognized the degree to which anthropocentric values can

serve as a basis for addressing worries about our place in the universe.¹⁰ However, this issue is not relevant to my present purpose. My purpose here is to advance the view that it is in our interest to live lives of a certain sort, and to explore some of that view's implications. Whether we should describe these lives as more meaningful than others, or describe the desire to live them as a desire for meaning, is relatively superficial and may in any case be left to another day. I shall continue to use my terminology, however, and hope that no one will be confused by it.

The second challenge to my account of meaningfulness is more directly relevant to the issue of the nature of self-interest. It consists of an alternative subjective account of meaning that is forcefully suggested, although not in quite the terms I shall use, by Richard Taylor's discussion of the meaning of life in his book *Good and Evil*.¹¹ According to this position, meaning is not a matter of one's projects in life being worthwhile from some objective point of view. (Taylor himself seems to think that no projects could meet this standard.) Rather, a person's life is meaningful, one might say, if it is meaningful *to her*, and it is meaningful to her if she thinks or feels it is.

The suggestion that something is meaningful to someone as long as she thinks it is can be of no help to us in developing an account of meaningfulness, for we cannot understand what it would be for someone to think her life meaningful until we have an account of what meaningfulness is. The view I want to discuss, however, is, strictly speaking, more concerned with a feeling or, better, a sense or qualitative character that some of our experiences have. We may use the term "fulfillment" to refer to it. It is pleasant to be or to feel fulfilled or to find an activity or a relationship fulfilling, but it is a pleasure of a specific sort, one that seems closely associated with the thought that our lives or certain activities within them are meaningful. Recognizing this, it may be suggested, gives us all the basis we need for an account of meaning that meets my requirements. We may understand people's longing for meaning as a longing for this particular feeling, a longing which other sorts of pleasure cannot satisfy. We can also explain why some activities characteristically answer the call of meaning better than others. Some yield the feeling of fulfillment while others do not. Chocolate is filling but not fulfilling; it gives pleasure but not of this particular kind. When a person steps back, wondering whether her life has had meaning, or searching for a way to give it more meaning, she may simply be surveying her life for its quotient of fulfillment or looking for ways to increase it.

The very close ties between meaningfulness and fulfillment on which this account of meaning relies are important for understanding both the concept of meaning and its value. That meaningful activity or a mean-

¹⁰ I discuss this in my "Meaningful Lives in a Meaningless World," unpublished manuscript.

¹¹ Richard Taylor, *Good and Evil* (New York: Macmillan, 1970).

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about our place in the universe.¹⁰ My present purpose. My purpose is of interest to live lives of a certain kind. Whether we should describe the desire as relatively superficial and may in fact continue to use my terminology, I am confused by it.

Meaningfulness is more directly of self-interest. It consists of an alternative that is forcefully suggested, although, by Richard Taylor's discussion of *Good and Evil*.¹¹ According to this view, a person's projects in life being worthwhile. (Taylor himself seems to think so.) Rather, a person's life is meaningful to her, and it is meaningful to her

meaningful to someone as long as she is developing an account of meaningfulness. It would be for someone to think in terms of what meaningfulness is. More strictly speaking, more concerned with its qualitative character that some of our use of the term "fulfillment" to refer to it. It is to find an activity or a relationship of a certain sort, one that seems closely related to certain activities within them. The way that meets my requirements. We mean meaning as a longing for this particular sort of pleasure cannot satisfy. We are characteristically answer the call of the feeling of fulfillment while not fulfilling; it gives pleasure but then we step back, wondering whether there is a way to give it more meaning, or for its quotient of fulfillment or

meaningfulness and fulfillment on which is important for understanding both the nature of a meaningful activity or a mean-

10 "Meaningless World," unpublished manuscript, Macmillan, 1970).

ingful life is at least partly fulfilling is, as this account suggests, a conceptual truth. To identify meaningfulness with fulfillment, however, neglects certain aspects of our use of the terms, and aspects of the experiences that are described by them, that my more objective account of meaningfulness better accommodates.

For one thing, fulfillment is not a brute feeling but one with some cognitive content or concomitant. That certain activities tend to be fulfilling and others not seems connected to features of the relevant activities that make this fact intelligible. There is a fittingness between certain kinds of activities and the potential for fulfillment. When a relationship or a job is fulfilling, there is something about it that makes it so. One feels appreciated or loved, or has the sense of doing good, or finds the challenge of the work rewarding. It is not just that the activities in question meet our expectations, though that is a part of it. Some things are fine but not fulfilling—my relationship with my hairdresser, for example, or my weekly trips to the supermarket.

These considerations suggest that we find things fulfilling only if we can think about them in a certain way. It is difficult precisely to identify a single belief that is always associated with the experience of fulfillment. Still, I propose that there is some association between finding an activity fulfilling and believing, or at least dimly, inarticulately perceiving, there to be something independently worthwhile or good about it.

In his discussion of the meaning of life, Richard Taylor considers the case of Sisyphus and imagines that the gods, by inserting some substance in Sisyphus's veins, give Sisyphus a love for stone-rolling. Sisyphus's life is thereby transformed from one of miserable bondage to one of ecstatic fulfillment. Taylor himself recognizes that the thought experiment is an odd one, and that the passion for stone-rolling will strike his readers as bizarre. Taylor, however, seems to think that the strangeness of the example comes simply from its being unusual. People do not characteristically get passionate about mindless, futile, never-ending tasks; nor is this the sort of disposition that drugs typically induce. To many, however, the example is not just surprising but somewhat horrifying. The state of being fulfilled by perpetual stone-rolling is not unreservedly enviable. Of course, for Sisyphus, who is condemned to roll stones in any case, there is a great benefit in being able to be happy with his lot. In general, however, I suspect that most people would think that stone-rolling (mere stone-rolling, that is, without any purpose or development of skill) is not the sort of thing by which one ought to be fulfilled.¹² That Sisyphus is fulfilled by stone-rolling suggests an understanding of Sisyphus as a victim (albeit a happy one) of a kind of drug-induced illusion. He finds something in stone-rolling that isn't really there.

¹² See Joel Feinberg, *Freedom and Fulfillment* (Princeton: Princeton University Press, 1992), ch. 13.

If we accept the idea that the feeling of fulfillment is necessarily connected with beliefs about its objects—if we accept that an activity or relationship can be fulfilling only if one believes it to be somehow independently good—then we can distinguish two hypotheses about the relationship between meaning and fulfillment. Does meaning come from the experience of fulfillment, no matter what its cause, or is a meaningful life one in which a subject is fulfilled by activities suitable to the experience? The subjective account suggested by Taylor opts for the former; but the latter seems to square better with our ordinary use of the concept.¹³

One test case is Taylor's version of Sisyphus itself. That Sisyphus finds his life fulfilling is built in by assumption. But should we describe his life as meaningful? This seems to me a misuse of the word. "It is meaningful to him," someone will say, and we understand what this means. It means that he finds his life fulfilling, and, perhaps, that he thinks it is meaningful (or would think it, if asked). But, for those who find the example horrifying, that is part of the problem: he thinks his life gets meaning from mindless, futile stone-rolling, but it does not.

We can construct a second test case by considering someone whose judgment of an aspect of her life has changed. A woman previously blissfully in love discovers that the man she loved has been using her. She had found the relationship fulfilling before she learned of his deceptions. She would have said, had you asked her earlier, that the relationship contributed to the meaningfulness of her life. What would she say now, however, and what should we say about her? No one can take away the feelings of fulfillment she experienced during the period she was deceived; but it seems unlikely that she would say, after the fact, that the relationship truly had given meaning to her life. Indeed, part of what makes this sort of event so sad is that, in addition to the pain that is caused when the deception is discovered, it undermines the value of all the pleasure that came before.

Less fanciful than Sisyphus are cases of addicts or inductees of religious cults whose feelings of contentment are caused, but not justified, by the things that bring them about. Though we should be cautious about passing judgment on the activities that others take to be worthwhile, this is no reason to rule out the possibility that people are sometimes mistaken, that their finding something fulfilling can be wrongly induced, either through the establishment of false factual beliefs (such as belief in a loved one's fidelity or in the divine status of a charismatic leader) or by drugs or electrodes. If, moreover, they are led by such mind-altering means to spend their lives occupied by some equivalent of stone-rolling—watching endless reruns of *Leave It to Beaver* or counting and recounting the number of tiles on the bathroom floor—then it seems to me most in line with

¹³ Robert Nozick makes a similar suggestion in *The Examined Life* (New York: Simon and Schuster, 1989). In addition to wanting happiness, Nozick writes, "[w]e also want this emotion of happiness to be *fitting*" (p. 112).

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Examined Life (New York: Simon and Schuster, 1964). Szick writes, "[w]e also want this

ordinary language to describe them as leading meaningless lives, however fulfilled they may feel themselves to be. If, further, such people wake up or snap out of it—if they come to occupy a point of view that devalues their former lives—then their later descriptions would not, I think, grant meaning to the things in which they had found contentment before.

IV. MEANINGFULNESS AND SELF-INTEREST

So far I have been occupied with spelling out a conception of what meaningfulness in life is. My point in doing so, in the present context, is to bring it to bear on the idea of self-interest. Meaningfulness seems to me an important ingredient of a good life, and one that is too often either neglected or distorted by contemporary accounts of individual well-being.

I do not know what an argument for this claim would look like. My hope, as I mentioned before, is that the mere spelling out of the claim will be enough to incline most people to assent to it. Still, I think that without attending explicitly to our interest in meaning, we tend to misunderstand and misdescribe it, with the eventual result that the shapes our lives take have less meaning than may be good for us.

Most people—at least most people within a certain group, bounded perhaps by class or education as well as by culture and history—behave in ways that suggest that they are looking for worthwhile things to do with their lives. They actively seek projects or, more typically, happily seize upon activities, from among those to which they are attracted, that they believe to be worthwhile. Explicit thoughts about worth and meaning often occur in connection with major life decisions, in addition to those moments of crisis to which I referred before. Some people decide to have children because they think it will give meaning to their lives. Others decide not to have children because they fear that the attendant responsibilities will deprive them of the time and resources and peace of mind that they need for other things in which they do find meaning. Deliberations about whether to pursue a particular career, or any career, may similarly involve concerns about whether the job is worthwhile, or whether it would demand time and energy that would distract one from what is worthwhile. Even many who do not talk explicitly in terms of meaning or worth make choices that are best explained by reference to them. In other words, our behavior, including some of our speech, seems to reveal a preference for a meaningful life.

We are, however, more apt to explain our choices in terms of fulfillment than meaning. A man opts for the more challenging of two possible careers, even at the cost of stress and insecurity. A woman chooses to work for less pay at a job she believes is morally valuable. People arrange their lives so as to give a few hours a week to Meals on Wheels, or to practicing piano, or to keeping up with their book group, even though it

means going with a little less sleep, less flexibility, less straightforward fun. Why? Because, they will say, they find these things fulfilling. They choose to live this way because they regard it as, in some sense, best for them.

To defend these choices in terms of fulfillment establishes them as choices made out of self-interest. Talk of fulfillment may, however, suggest a more hedonistic interpretation of what is going on than the one I have offered. To choose something because it is fulfilling is, after all, to choose it because of a qualitative character of one's experience—and though fulfilling activities are not always as much fun or as intensely pleasurable as some of the alternatives, it may be that in the long run, or the wide run (taking into account Mill's differences in the quality as well as the quantity of pleasure, as it were), a fulfilling life is qualitatively better, and thus happier in the truest sense, than a life with as many or more pleasures but no fulfillment. So at least must the people described in the paragraph above believe, and so must we believe if we think their choices are rational, and are rational for the reason they give.

It is no part of my aim to deny this suggestion. On the contrary, that fulfillment is a great qualitative good, and that it deserves an important place in an adequate theory of happiness, are important contributing factors to my claim that meaning is a component of our good. We have already seen that the links between meaningfulness and fulfillment are very tight. Since a meaningful life is necessarily at least partly fulfilling, and since fulfillment is a major component of happiness, a very important reason for taking meaningfulness to be in our interest is that it brings fulfillment with it. It would be misleading, however, to draw from this the conclusion that meaningfulness is an instrumental good for us. To think of meaning as good because it is a means to an independent good of fulfillment would be a mistake.

It is doubtful that fulfillment is an independent good, although feeling fulfilled is pleasant and feeling unfulfilled unpleasant. If fulfillment were an independent good, it would follow that the feeling of fulfillment would be desirable no matter what its cause. It would have to be better to be Sisyphus happy (or, more precisely, Sisyphus fulfilled) than Sisyphus unhappy (unfulfilled), even if this required that Sisyphus was perpetually stoned out of his normal mind. Opinion, however, divides on this matter. Many value fulfillment only on the condition that it be based on appropriate thoughts or perceptions. Moreover, even among those who believe that feeling fulfilled is unconditionally better than the alternative, many would still prefer that these feelings were suitably caused. Better to be Sisyphus happy than Sisyphus unhappy, they may say, but better still not to be Sisyphus at all.

A proponent of a purely hedonistic theory of self-interest may point out that reports of such intuitions prove nothing. People's thinking that justified or appropriate fulfillment is better than unjustified inappropriate fulfillment doesn't make it so. To those who have these intuitions, how-

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This suggestion. On the contrary, that meaning and that it deserves an important component of our good. We have meaningfulness and fulfillment are necessarily at least partly fulfilling, the content of happiness, a very important part of our interest is that it brings meaning, however, to draw from this the instrumental good for us. To think meaning means to an independent good of

independent good, although feeling fulfilled unpleasant. If fulfillment were that the feeling of fulfillment would be better. It would have to be better to be Sisyphus fulfilled) than Sisyphus fulfilled that Sisyphus was perpetually fulfilled, however, divides on this matter. The condition that it be based on approval, even among those who believe that better than the alternative, many were suitably caused. Better to be fulfilled, they may say, but better still not

A theory of self-interest may point out something. People's thinking that justice rather than unjustified inappropriate behavior who have these intuitions, how-

ever, the burden of proof seems to lie with the hedonist. Unless one is committed to a purely hedonistic account of value ahead of time, there seems no reason to doubt that what is principally desirable is getting fulfillment from genuinely fulfilling activities, from activities, that is, whose accompanying feeling of fulfillment comes from the correct perception of their value. There seems no reason to doubt, in other words, that what is principally desirable is living a meaningful life and not living a life that seems or feels meaningful. Insofar as we prefer a truly meaningful life to one that merely seems or feels meaningful, a purely hedonistic theory of self-interest will not account for it.

A preference theory of self-interest, however, would not have to account for it—preference theorists simply accept our preferences and go on to compute our self-interest from there. This suggests an alternative account of the relation between meaning and self-interest. According to preference theories, meaning is important to our well-being if and only if meaning matters to us. Since many of us do want to live meaningful lives—since we think it is better for us if we do—preference theorists will agree that it is in our interest that our lives are meaningful. From their point of view, there is no need to make any more objective claims than that.

From a practical perspective, it matters little whether we accept this theory or a more objective one, particularly if you think, as I do, that the preference for a meaningful life is widespread and deep. If it is accepted as a fact of human nature (even a statistical fact, and even of a culturally created human nature) that people just do care about meaning in their lives, then this gives us reason enough to shape our lives in ways that will encourage not just fulfillment but meaningfulness, and it gives us reason enough to shape our social and political institutions in ways that will increase the opportunities for everyone to live not just happily and comfortably but meaningfully as well.

A preference theory does not, however, seem accurately to reflect the status a meaningful life has for most of us. Most of us, it seems, do not regard our preference for a meaningful life as an ungrounded preference we just happen to have. If we did think so, then we would judge it a matter of indifference whether anyone else had or lacked this preference, and indeed, we would have no reason to want to keep this preference ourselves if we were convinced that we would be better off without it. For most people, however, at least so it seems to me, having a meaningful life is a value and not just a preference. We do not just want our lives to be meaningful, we think it good that we want it. Indeed, our interest and concern for meaning is sometimes mentioned as a mark of our humanity, as an aspect of what raises us above brutes. We think that we would be diminished as a species if we lost the aspiration, or the interest, in living meaningful lives and not just happy ones. Individuals who lack the desire that their lives be meaningful we regard with regret or even pity.

Again it may be noted that our believing something is no proof of its being true, and again I must acknowledge that I have no proof of the value or objective desirability of meaningfulness. At the same time, the claim that a meaningful life is preferable (and not just brutally preferred) to a meaningless one may seem so nearly self-evident as to require no proof. Once one is willing to apply the terms of meaningfulness and meaningfulness at all, it may seem unstable to believe that a life that lacks meaning is no worse than one that possesses it. Even if we can logically distinguish the position that some lives are more meaningful than others from the position which adds that (some) meaningfulness is a good, this latter position seems more natural than one which denies it. Though we may be unable to argue for caring about meaning in a way that would convince someone who doesn't care to begin with, the concern or the desire for meaningful activity is, for those who have it, more rationally coherent with other values and dispositions than its absence would be.

In response to the question "Why care about living a meaningful life rather than a meaningless one?" the answer that I believe best expresses reflective common sense will begin with the connection between meaning and happiness: Nine times out of ten, perhaps ninety-nine times out of a hundred, a meaningful life will be happier than a meaningless one. The feelings of fulfillment one gets from interacting positively and supportively with things or creatures (or "realms") whose love seems deserved are wonderful feelings, worth more, on qualitative grounds alone, than many other sorts of pleasure, and worth the cost of putting up with considerable quantities of pain. Moreover, the awareness, even dim and inarticulate, of a lack of anything that can constitute a source of pride or a source of connection to anything valuable outside of oneself can be awful, making one irritable, restless, and contemptuous of oneself.

Except in an academic philosophical context such as this, it is perhaps unnatural to press further. If we do press further, however, it seems to me that the strength and character of these feelings of pleasure and pain are not best explained as mere quirks of our natural or culturally conditioned psyches. Rather, that we feel so good or so bad in accordance with our sense of connection to value outside ourselves seems to me best explained in terms of an underlying belief that a life is better when it possesses such connections. What precisely is better about it is difficult to say. But perhaps it has to do with our place in the universe: since we are, each of us, occupants in a world full of value independent of our individual selves, living in such a way as to connect positively and supportively with some nonsubjective value harmonizes better with our objective situation than would a life whose chief occupations can be only subjectively defended.¹⁴

¹⁴ I explore this in "Meaningful Lives in a Meaningless World."

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V. THE DECONSTRUCTION OF SELF-INTEREST

I have in this essay been concerned to defend, or rather to elaborate, what I take to be a deeply and widely held view about individual human good, namely, that a fully successful life is, among other things, a meaningful one. Further, I have urged that this claim is distorted if it is understood as an element of either a hedonistic or a preference theory of self-interest. Properly understood, it requires a rejection of both of these sorts of theories.

As a substantive claim, I do not expect that the point that a good life must be meaningful will be surprising. We are not used to thinking very explicitly or very analytically about it, however; and in popular unreflective consciousness, a substantive interest in a meaningful life often sits side by side with assumptions that are incompatible with it. How often have you heard someone say, "What's the point of doing something if it isn't fun, or if you don't enjoy it?" I hear this sentiment expressed quite frequently, despite living on the East Coast. To be fair, such expressions tend to be limited to contexts of self-interest. They are not intended as rejections of the rational authority of moral or legal obligation. Moreover, there is often a point behind such remarks that I would strongly endorse. Against a kind of workaholism and related neurotic obsessions with some forms of success and achievement, it can be useful to step back and reflect in the way these remarks would invoke. Still, the suggestion that there can be no point to things if they are neither duties nor fun is, strictly speaking, both false and dangerous.

Much of what we do would be inexplicable, or at least indefensible, if its justification depended either on its being a duty or, even in the long run, on its maximally contributing to our net fun. Relationships with friends and family, nonobligatory aspects of professional roles, and long-term commitments to artistic, scholarly, or athletic endeavors typically lead us to devote time and energy to things that are difficult and unpleasant, and to forgo opportunities for relaxation and enjoyment. It is arguable that many of these choices advance our happiness (in the broadest sense, our fun) in the long run, but such arguments are at best uncertain, and the thought that they are necessary for the defense of these choices puts a regrettable kind of pressure on the commitments that give rise to them. There is, however, a point—even a self-interested point—to doing things that fall outside the categories both of duty and of fun. One can find a reason, or at least a justifying explanation, for doing something in the fact that the act or activity in question contributes to the meaningfulness of one's life.

Once we have ceased to identify self-interest with happiness, however, other assumptions are also undermined. The concept of self-interest becomes more difficult to work with. Specifically, a conception of self-interest that recognizes the importance of meaning to a good life admits

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of much greater indeterminacy than the more traditional conceptions. This is partly a function of indeterminacy within the category of meaningfulness itself. Though meaningfulness is not an all-or-nothing concept—some lives are more meaningful than others, a person's life may not have *enough* meaning in it to be satisfactory—there is no well-formed system for making comparative judgments. The meaningfulness of a life may vary depending on how much of it is spent in meaningful activity, on how worthwhile the activities in question are,¹⁵ or on how fully engaged (or attracted) the individual is. In many instances, however, it seems absurd to think there is a correct comparison to be made. Is the life of a great but lonely philosopher more or less meaningful than that of a beloved housekeeper? There seems to be no reason to assume that there is a fact of the matter about this. Moreover, from a self-interested point of view, it is unclear whether, beyond a certain point, it matters whether one's life is more meaningful. A meaningful life is better than a meaningless one, but once it is meaningful enough, there may be no self-interested reason to want, as it were, to squeeze more meaning into it. Finally, the mix between meaning and felt happiness may have no determinate ideal. A person often has to choose between taking a path that would strengthen or expand a part of his or her life that contributes to its meaningfulness (going to graduate school, adopting a child, getting politically involved) and taking an easier or more pleasant road. Once one has accepted a conception of self-interest that recognizes meaningfulness as an independent aspect of one's personal good, one may have to admit that in such cases there may be no answer to the question of what is most in one's self-interest.

Fortunately, as the concept of self-interest becomes more difficult to apply, it becomes less important to be able to apply it. In accepting the value of meaningfulness as an ingredient of our own interest, we necessarily also accept that meaningful activity has a value that is partly independent of our interest. We accept, in other words, the availability of a kind of reason for doing things that can compete with self-interest, a kind that will, at any rate, draw us away from a concern for our self-interest. What I have in mind is the sort of reason given by the worthiness of the meaningful activity (or its object) itself.

Meaningful activity, remember, involves engagement in projects of worth. It occurs where subjective attraction meets objective attractiveness. To acknowledge that an activity or a project is worthwhile, however, is to acknowledge, among other things, that there is a reason for doing it—a reason, at least, for doing it if you are attracted to doing it. A reason for writing a book on free will is to stimulate thought in a fruitful direction. A reason to plant bulbs and weed the garden is to maintain a place of

¹⁵ The relevant scale of worth, however, will itself be a matter of contention. As my examples have probably made clear, there is no reason to identify the relevant kind of worth here with *moral* worth.

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To those who get meaning from the activities just mentioned, these sorts of reasons will dominate. Being suitably engaged in these activities in the way in which people who get meaning from them *are* engaged involves being drawn by their specific good or value. One so engaged is not likely to step back from the activity and ask, "Is this the best thing I can be doing *for me*?"

The point here is not just the one with which we are familiar from the paradox of hedonism. It is not just that, by not caring too much about whether her activities will be best for her, the agent is more likely to be living a life that is best for her. Rather, it is that she has a reason for her activities that is not conditional on their being best for her. Accepting a conception of self-interest that incorporates meaningfulness, then, involves rejecting too dominant a place for self-interest. Yet meaningful activity and self-interest cannot psychologically stretch too far apart. Activity is meaningful only if one can engage with it, be attracted to it, be in love with it or with the object around which it revolves. Such activity will always be somewhat fulfilling, and therefore will always make one somewhat happy. And as the fulfillment and happiness will be appropriate or deserved, that is all to one's good.

Philosophy, Johns Hopkins University

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