

## Abstract

# Role of Happiness as a Habitual Process <sup>†</sup>

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Philosophy itself is philosophizing to our experience of the world, life, or thought, and it is truly enriching our social, political, intellectual, and emotional existence. Although, philosophers have various views on a single issue, but they still share a common interest, i.e., a critic with the comprehensive thought of approach, and therefore, ‘philosophy’ is a *way to understand* our life (not a way of life). Similarly, our life is based on the various kinds of habits and rituals (prayer, meditation, yoga, worship many deities, speaking multiple languages and symbols for communicating with each other, eating various foods with different cultural practices, etc.) due to the religious practices and people love to do these procedures to continue their existing diversity of cultures. Take an example of ‘Happiness’. For understanding the true nature of happiness, there are many philosophical debates on it from both the east and west perspectives, but their underlying motto is same, i.e., the continuous practice of *habits*. However, this paper will mainly focus on Aristotle’s understanding of ‘*Eudaimonia*’ (happiness) and the significant role of ‘*habits*’ for flourishing a happy life.

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