

# Essay

## **THE SECRET TO LIVING A LONG AND HAPPY LIFE**

Student's Name

Course

Date

## THE SECRET TO LIVING A LONG AND HAPPY LIFE

The secret to living a long life has often been a key focus for many people. There has however been a growing interest for living a long and happy life, as showcased from the continued rise in technology which influences and promotes longevity for many people. Roberts (2023) discusses some of the trends associated with people trying to achieve a long life<sup>1</sup>. A review of different centenarians, and how they describe the secret to their long lives. Ideologies from different philosophers could also be integrated to describe what is the secret to living a long life, and how people can be able to achieve this fit<sup>2</sup>. The secret to living a long and happy life is having virtue, being close to friends, and remaining away from toxic people as identified by the philosophies of Aristotle, Kant and Plato.

Happiness is a critical aspect allowing people to achieve a long life. Roberts identifies that Branyas has been able to live long by having a strong sound of mind and being happy<sup>3</sup>. Happiness and a long life are therefore showcased to be connected through the article. There is a controversy over whether happiness is a state of mind, or whether it is a life goal that people strive to achieve. Aristotle emphasized that happiness is an end goal that everyone strives to achieve. This means that happiness is a life long goal which people strive to reach.

One of the main reasons identified to promote a long life is having humor in one's life. Humor is identified to be one of the likely factors Jeanne Calment was able to live to 122 is remaining happy and having a sense of humor to everything. Identifying the secret to happiness therefore introduces the possibility for one to live a long life. Although Roberts (2023) tries to identify what are the secrets to happiness, he describes that billionaires are still unable to identify the overall factor promoting happiness. Aristotle however identified that happiness is not a state but a goal, therefore suggesting what most of these people are lacking the knowledge to identify<sup>4</sup>.

Roberts (2023) emphasizes that one of the ways people are able to remain happy and achieve a long life is through being virtue<sup>5</sup>. Virtue can be achieved by remaining strong willed as Maria Branyas who is currently 116. Aristotle is one of the philosophers who gave a sound understanding and description of

---

<sup>1</sup> Yvonne Roberts, "Want to Live to 116? The Secret to Longevity Is Less Complicated than You Think," The Guardian, October 28, 2023, <https://www.theguardian.com/lifeandstyle/2023/oct/28/want-to-live-to-116-the-secret-to-longevity-is-less-complicated-than-you-think>.

<sup>2</sup> Luigino Bruni, "Back to Aristotle? Happiness, Eudaimonia, and Relational Goods," Capabilities and Happiness, 2008, 114–39, <https://doi.org/10.1093/oso/9780199532148.003.0006>.

<sup>3</sup> Yvonne Roberts, "Want to Live to 116? The Secret to Longevity Is Less Complicated than You Think," The Guardian, October 28, 2023, <https://www.theguardian.com/lifeandstyle/2023/oct/28/want-to-live-to-116-the-secret-to-longevity-is-less-complicated-than-you-think>.

<sup>4</sup> Luigino Bruni, "Back to Aristotle? Happiness, Eudaimonia, and Relational Goods," Capabilities and Happiness, 2008, 114–39, <https://doi.org/10.1093/oso/9780199532148.003.0006>.

<sup>5</sup> Yvonne Roberts, "Want to Live to 116? The Secret to Longevity Is Less Complicated than You Think," The Guardian, October 28, 2023, <https://www.theguardian.com/lifeandstyle/2023/oct/28/want-to-live-to-116-the-secret-to-longevity-is-less-complicated-than-you-think>.

happiness. Aristotle emphasized that happiness is a critical aspect that can be achieved by having complete virtue<sup>6</sup>. Aristotle therefore identifies one of the ways people are able to live to higher ages is because they achieve happiness by remaining virtuous. Aiming for the same aspect could therefore be the target for different people also focused on trying to achieve the same longevity.

Roberts (2023) also identifies that friendship is one of the ways people can achieve a long life<sup>7</sup>. The article mentions, “Order, tranquility, and good connection with family and friends,” are some of the ways people can achieve a long life. This also showcases the impact that happiness has on the ability for one to achieve a long life. In *Pursuit of Happiness*, Aristotle identifies that friendship is an important virtue that allows people to remain happy. The enjoyment held from having friends is critical in allowing people to remain happy, therefore achieving a long life. This is evident as is provided by Maria Branyas as one of the reasons she has been able to live for as long as she has currently achieved.

A long life is also achieved by cutting toxicity from one’s life. This is achieved by holding concrete relationship with people who matter. The ability to hold relationships that hold meaning with people who matter remains as a critical and necessary aspect that people could engage towards achieving happiness and a long life. Kant also identifies some of the ways that people could achieve happiness is by addressing conflict. Kant’s ideology on happiness is therefore based on the need to address conflict<sup>8</sup>. This is in turn achieved by addressing and cutting people who bring toxicity into one’s life.

Plato identified that one of the ways that a long life could be achieved is through the continued pursuit for truth. Socrates was able to address the pursuit of truth as the only way people could live longer. Roberts (2023) identifies that there is a continued challenge for many people identifying their role after retiring<sup>9</sup>. Socrates ideas on the need to pursue truth therefore applies. Plato stated that, “Truth is the beginning of every good to the gods, and of every good to man<sup>10</sup>.” The pursuit for truth therefore allows one to achieve the long life as they would need. This remains critical towards promoting the long life that people admire.

In conclusion, the secret to living a long and happy life is having virtue, being close to friends, and remaining away from toxic people as identified by the philosophies of Aristotle, Kant and Plato. These philosophers are shown to describe and emphasize some of the ways that people can live a longer life

---

<sup>6</sup> Luigino Bruni, “Back to Aristotle? Happiness, Eudaimonia, and Relational Goods,” *Capabilities and Happiness*, 2008, 114–39, <https://doi.org/10.1093/oso/9780199532148.003.0006>.

<sup>7</sup> Yvonne Roberts, “Want to Live to 116? The Secret to Longevity Is Less Complicated than You Think,” *The Guardian*, October 28, 2023, <https://www.theguardian.com/lifeandstyle/2023/oct/28/want-to-live-to-116-the-secret-to-longevity-is-less-complicated-than-you-think>.

<sup>8</sup> Ana Marta González, “Culture and Happiness in Kant,” *Kant on Culture, Happiness and Civilization*, 2021, 9–28, [https://doi.org/10.1007/978-3-030-66468-8\\_2](https://doi.org/10.1007/978-3-030-66468-8_2).

<sup>9</sup> Yvonne Roberts, “Want to Live to 116? The Secret to Longevity Is Less Complicated than You Think,” *The Guardian*, October 28, 2023, <https://www.theguardian.com/lifeandstyle/2023/oct/28/want-to-live-to-116-the-secret-to-longevity-is-less-complicated-than-you-think>.

<sup>10</sup> “Virtue and the Pursuit of Happiness,” *Plato: The Midwife’s Apprentice (RLE: Plato)*, 2012, 160–74, <https://doi.org/10.4324/9780203095881-14>.

through achievement of happiness. The philosophers therefore explain some of the reasons and ideas identified in the article by Roberts. Aiming to achieve these goals should remain as the goal for anyone willing and aiming to live a long life.

## BIBLIOGRAPHY

Bruni, Luigino. "Back to Aristotle? Happiness, Eudaimonia, and Relational Goods." *Capabilities and Happiness*, 2008, 114–39. <https://doi.org/10.1093/oso/9780199532148.003.0006>.

González, Ana Marta. "Culture and Happiness in Kant." *Kant on Culture, Happiness and Civilization*, 2021, 9–28. [https://doi.org/10.1007/978-3-030-66468-8\\_2](https://doi.org/10.1007/978-3-030-66468-8_2).

Roberts, Yvonne. "Want to Live to 116? The Secret to Longevity Is Less Complicated than You Think." *The Guardian*, October 28, 2023. <https://www.theguardian.com/lifeandstyle/2023/oct/28/want-to-live-to-116-the-secret-to-longevity-is-less-complicated-than-you-think>

"Virtue and the Pursuit of Happiness." *Plato: The Midwife's Apprentice* (RLE: Plato), 2012, 160–74. <https://doi.org/10.4324/9780203095881-14>.



# Want a paper of the same quality?

Our experts can help you today!

[Hire an expert](#)



100% human writing –  
no AI tools used



Compliance with  
guidelines & standards



Timely delivery, even  
for urgent orders