

## Group Discussion Guide

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### *The Humanist Approach to Happiness: Practical Wisdom*

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#### Questions and conversation starters.

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- 1) How do you define happiness?
  - a. Is there a difference between happiness and pleasure?
- 2) Have you ever tried to practice Freethought before?
  - a. What were the difficulties and benefits?
- 3) What do you think are the most important ethical values?
- 4) Supernatural vs. Naturalism
  - a. What are the pros and cons?
- 5) How do you deal with peer pressure?
  - a. Is it an issue for you?
  - b. Do you feel stifled?
  - c. How does it feel to resist peer pressure?
- 6) Why is compassion so difficult to practice?
- 7) What does a rational sexual ethic look like?
- 8) Why are rational relationships so difficult to achieve?
- 9) How can compassion help us grieve?
- 10) Do you consider yourself to be a Humanist? Why or why not?

These questions are a discussion guide for *The Humanist Approach to Happiness: Practical Wisdom* by Jennifer Hancock <http://happiness.jen-hancock.com/>