

MORE PRACTICAL

Increasing happiness
Decreasing boredom
Improving or restoring health
Earning pleasure (so it doesn't pall)
Avoiding the pitfalls of romantic love
Choosing the right work
Not expecting very much from politics or politicians
Accepting (as well as fighting) injustice
Coming to terms with war
Appreciating the classics
Getting enjoyment from science and math

MORE PHILOSOPHICAL

Valuing belief above doubt
Putting scepticism in its place
Admitting partiality
Defending objectivity