



"We should've stayed on land, and grown feet and kicked ass."

Further Reading on Narrative:

- Brugman, Gerard. *Wisdom: Source of Narrative Coherence and Eudaimonia*. Delft: Eburon, 2000.
- McVay, et. al. editors. " *Narrative and Consciousness*. Oxford University Press, 2003.
- Gilbert, Daniel. *Stumbling on Happiness*. New York: Alfred Knopf, 2006.
- Wilson, Timothy D. *Strangers to Ourselves*. Cambridge, Massachusetts: Belknap/Harvard UP , 2002.

“Axial Age” definition of wisdom:

What is wise is one thing,
to understand rightly how all
things are steered through all.

-Heraclitus

Contemporary Psychological definition of wisdom:

"Wisdom is expertise in the domain of fundamental life pragmatics, such as life planning or life review. It requires a rich factual knowledge about life matters, rich procedural knowledge about life problems, knowledge of different life contexts and values or priorities, and knowledge about the unpredictability of life. "

- Paul Baltes, et. al.



"Sometimes it helps to turn a question around. Why not you?"