

Abstract

## **Creating Beautiful Lives: The Ideal Way of life**

by Tom Lovett

This book presents a theory that states creating beautiful lives is the ideal way of life. In this theory, we create beautiful lives by doing three things:

1. *We seek the ancient ideals: beauty, truth, and good.* People have sought these universal human ideals for thousands of years.

2. *We seek these ideals through art, science, and religion.* The theory is that our most developed skills are *artistic*, our most reliable knowledge is *scientific*, and our deepest devotion and inspiration are *religious*.

3. *We seek the ancient ideals while we engage in our most basic behavior.* We and other animals engage in those behavior to survive, reproduce, and perhaps thrive.

The theory states that doing those three things will result in beautiful individual lives and beautiful relationships with one another and with other species and nature.

We can evaluate that theory in our daily lives. If it works, we can use it to create a science of the art of living. Such a science would provide a new paradigm for the social sciences. That new social science would link knowledge from the natural sciences and the humanities.