## \_\_\_\_\_Contents \_\_\_\_

Preface	ix
Chapter 1. The Ideal of Self-Fulfillment	3
1.1. Self-Fulfillment: Pro and Con	3
1.2. Some Terminological Distinctions	6
1.3. Self-Fulfillment as Actualization of Potentialities	8
1.4. Two Modes of Self-Fulfillment	13
Chapter 2. Self-Fulfillment as Aspiration-Fulfillment	19
2.1. What Are Aspirations?	19
2.2. How Does One Get Aspirations?	30
2.3. How Does One Fulfill One's Aspirations?	37
2.4. To What Does One and Should One Aspire?	46
2.5. Three Types of Morality	52
Chapter 3. Capacity-Fulfillment and Universalist Morality	59
3.1. Capacities and Their Fulfillment	59
3.2. Weighing Values to Determine the Best Capacities:	
The Purposive Ranking Thesis	66
3.3. Is Reason the Best of Human Capacities?	71
3.4. The Rational Justification of Universalist Morality	77
3.5. Universalist Morality and Fulfillment of the Reasonable Self	87
3.6. Self-Respect and Diverse Ways of Life	93
3.7. The Moral Criticism of Aspirations	101
Chapter 4. Capacity-Fulfillment and the Good Life	107
4.1. Freedom and Well-Being as the Best of Practical Capacities	107
4.2. Personalist Morality as Based upon Freedom	112
4.3. Identity and Alienation	115
4.4. Personalist Morality as Based upon Well-Being	120
4.5. Virtues and Culture	125
4.6. Duties to Oneself	134
4.7. Particularist Morality: Family, Love, Friendship	140
4.8. Particularist Morality: Community, Country, Culture	151

## viii CONTENTS

Chapter 5. Ultimate Values, Rights, and Reason	159
5.1. Human Dignity as the Basis of Rights	159
5.2. Spirituality as Self-Transcendent Excellence	174
5.3. The Meaning of Life	182
5.4. Individual and Social Contexts of Self-Fulfillment	189
5.5. On Varieties of Self-Fulfillment	200
5.6. Human Rights as Bases of Self-Fulfillment	204
5.7. Are Self-Fulfillment and Rights Compatible?	21
5.8. Self-Fulfillment and Rational Agency	217
Index	229