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Nota di contenuto	Pleasure and desire -- Self-development -- Autonomy -- Social forms -- Endorsement -- Activeness and intention -- Trust -- Summary and conclusion.
Sommario/riassunto	What makes individual freedom valuable? People have always believed in freedom, have sought it, and have sometimes fought and died for it. The belief that it is something to be valued is widespread. But does this belief have a rational foundation? This book examines answers to these questions that are based on the welfare of the person whose freedom is at stake. There are various conceptions of a worthwhile life, a life that is valuable for the person whose life it is. These conceptions will be examined to see whether they are plausible and what their connection, if any, is to freedom