

I define **helpfulness** as striving to limit other people's, and thus one's own, bother and suffering, and / or to increase other people's, and thus one's own, enjoyment, overall.

And I define **selfishness** as self-help that does not genuinely care if it bothers other people or makes them suffer. And that greatly undermines the economy and the everyone's prospects in it.

For more details on this, see my
Free Online Guide™, link below.