

More Formally Than Before:

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 impatient 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 me
Free Online Guide™, link below.