

5 MINUTE PHILOSOPHER

THE MEANING OF LIFE IN 22 PROBING QUESTIONS

FRED SIRIEIX

What will the restaurant manager and TV star, 46, make of our existential questions?

What is the meaning of life? The pursuit of virtue. This means knowing what is good and what is bad – so the meaning of life is actually to be good.

What is the difference between right and wrong? The idea of right or wrong could be compared to something being black or white and, sometimes, the best colour is actually grey.

Where is your happy place? When I have nothing to do or worry about and I'm able to just go about my business totally carefree and in the moment.

Nature or nurture? A bit of both.

Champions aren't born, they're made, but at the same time we have some traits from birth. My son, for example, is the kindest little man and it's just deep inside him.

Is it more important to be liked or respected? Both. I think it would be strange to be liked and not respected as well.

If you could be remembered for one thing what would it be? For being good – as an all-round state of mind and being.

Who or what is your greatest love? My kids [Andrea, 11, and Lucien, 6]. The bond and connection I have with them is overwhelming, you can feel it coming out of every pore.

When did you last lie? One of my mentors told me that there is such a thing as a "need-to-know basis" and sometimes this is the best way to approach things. It's not lying, it's just choosing your words very carefully.

Does the supernatural exist? Who knows? I don't think about it, I'm pragmatic with life.

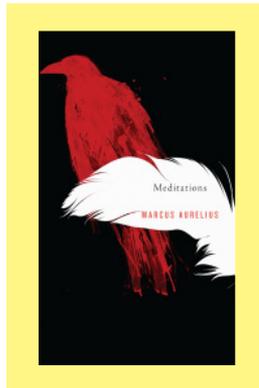
Are you fatalistic? If things are going to happen in life, they'll happen. But we have to choose how we'll respond and remember to be grateful.

What is your greatest fear? The fear of fear.

Animals or babies? Babies. I prefer people to animals.

What talent do you yearn for? I would love to have the gift of being able to fly.

Do you like to be complimented? Yes, we all do. But it's important to know just how small you are in the grand scheme of things and remember to be humble.



FRED FINDS A LOT OF TRUTH IN *MEDITATIONS* BY ROMAN EMPEROR MARCUS AURELIUS

"I HATE PEOPLE WHO HAVE A LACK OF UNDERSTANDING AND TOLERANCE OF OTHER PEOPLE. THERE'S NOTHING YOU CAN DO IN THE FACE OF SUCH IGNORANCE"

Do you have a high pain threshold? No, I'm a complete wuss. I'm sure that if I had to give birth like women do, I could do it, but I'd be screaming the whole way.

What book do you recommend most to others? *Meditations* by [Roman emperor and philosopher] Marcus Aurelius because it's full of truth. I keep a quote by him on top of my desk that says "the happiness of your life depends upon the quality of your thoughts".

Which lesson has been the hardest to learn? Patience. The older I get, the more patient I am becoming.

What food sums up happiness? French fries because they're beautiful!

What have you never understood? Idiots. I hate people who have a lack of understanding for and tolerance of other people, I see it on social media all the time. There's nothing you can do in the face of such ignorance.

What is the one thing you want to know before you die? I want to know everything. This is probably what happened to Buddha when he was enlightened – he just suddenly had a deep connection and understanding of the universe.

Are you scared of dying or what happens when you die? No, it will happen to all of us and we have to be ready for it. The only thing that bothers me is that I won't see my children any more once I'm dead.

Quinoa or Quavers? Quinoa. I'm a heathy eater.

Series 10 of *First Dates* begins on Wednesday 4 April at 10pm on Channel 4

