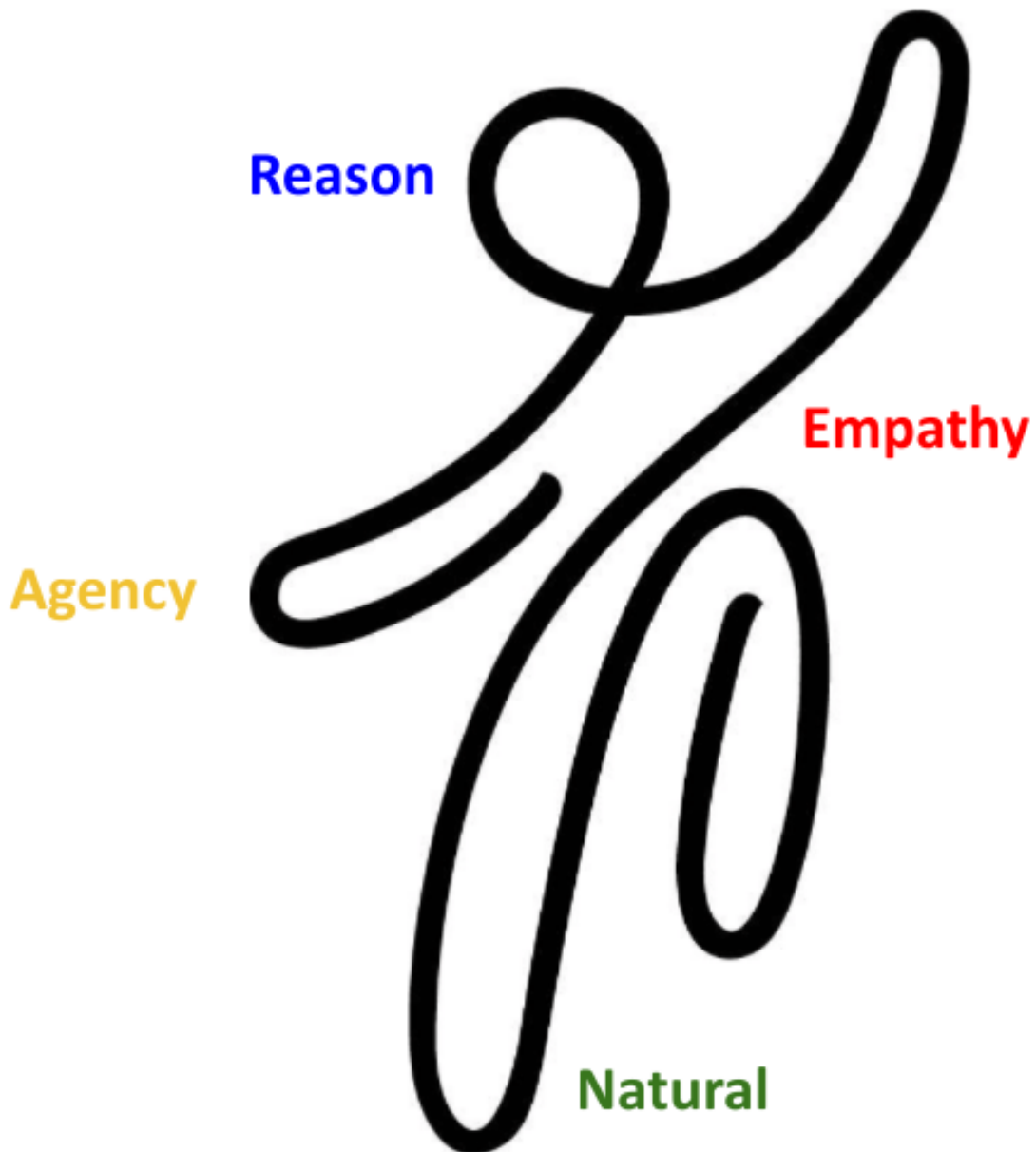# What is humanism?

Reason

Empathy

Agency

Natural

Humanism is the belief that human beings have natural origins and that we can use our natural capacities to lead good, happy, and meaningful lives.