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John McDowell speaks of a second nature as a ‘specific shaping of practical logos’, and tells us that a candidate for such a second nature is phronesis (practical wisdom). In this talk I do three things. (1) I clear away obstacles to understanding the use that McDowell makes of the idea of ‘second nature’. (2) I develop the idea that phronesis might be a candidate ‘shaping of practical logos’. I argue that recognizing that phronesis is a hexis (habit) will enable us to see that phronesis is the unity of the first acts of the power of practical reason. Therefore there are no rival candidate ‘shapings of practical logos’. (3) In the light of that conclusion, I consider how to understand a different idea: that ‘second natures’ (now conceived as distinct ethical outlooks) are multiple and various.

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