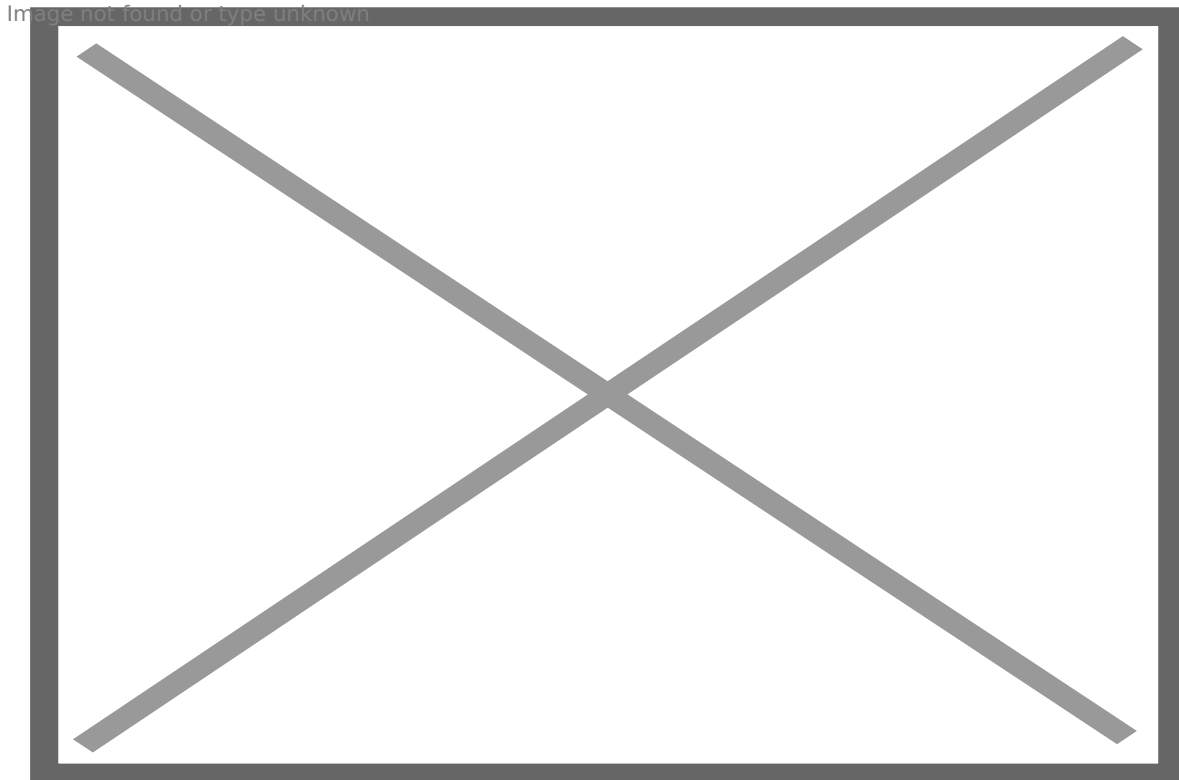


We Need A Game Show With A Lightning Round Question: "Happiness or Pleasure? - Why?"

Post by "Don" of February 4, 2023 at 9:27 PM

FYI



[The Fun Type Calculator: What's Your Type?](#)

What type of activities do you enjoy? It depends on your fun type. Curious about what type you are? Try the Fun Type Calculator to find out.

michaelrucker.com

While the "Fun Calculator" is a little goofy, the author's website as a whole has some interesting content. I found this quote from his Start Here page interesting...

[Quote from Mike Rucker](#)

I realized trying to be "happy" only drew my attention to what was missing. Fixating on my lack of happiness made me label myself as unhappy, and I came to realize that maladaptive label was bleeding into my identity. This left me with the question: If deliberately chasing happiness leaves me miserable, what's the alternative? Then, after

years of research and trial and error, a second crucial insight clicked into place: We can't always make ourselves happy, but we all possess the agency to find ways to be more joyful and have more fun.

...

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...

Having fun is an action anyone can take here and now practically anywhere, anytime.

I realize I'm late to this thread but Dr. Rucker has me intrigued. I haven't read his book or delved too far into his work in the last hour 😊 but I like where he's going. I like that he says "We all possess the agency to find ways to be more joyful and have more fun." From my perspective, we could easily rephrase that to "We all possess the agency to find ways to be more joyful and have more *pleasure*." I like that he uses "joy" which is, in fact, one of the kinetic pleasures (εὐφροσύνη euphrosyne) AND he talks about our having agency to bring about that particular kind of pleasure. Hmm... yep, I'm intrigued.