

# Recommendations for Happy Living

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An Epicurean style take on happiness I stumbled upon:

[What actually makes us happy \(axios.com\)](#)

Gotta love it:

>>**Know what counts** as connection. Focus on real-time communication, which isn't a text or posting on someone's social media feed. As primates, we're evolved for live conversations, which can be virtual.<<

>>**Happiness doesn't mean** dispelling all negative emotions, which are part of what make us human. "I think especially in the tough times we're dealing with, negative emotions are normative. We need to pay attention to them because they're signaling changes that we need to make," Santos says. "Happiness really is about a decent ratio of positive to negative emotions."<<