

Increasing Pleasure Through Fun

Post by “Kalosyni” of February 4, 2023 at 2:31 PM

I found this very good article on increasing fun, which has practical tips.

Quote

Real fun usually involves sensory experiences and, often, interactions with other people.

<https://www.npr.org/sections/health-shots/2023/02/04/1150518287/fun-play-happiness-stress-reduction>