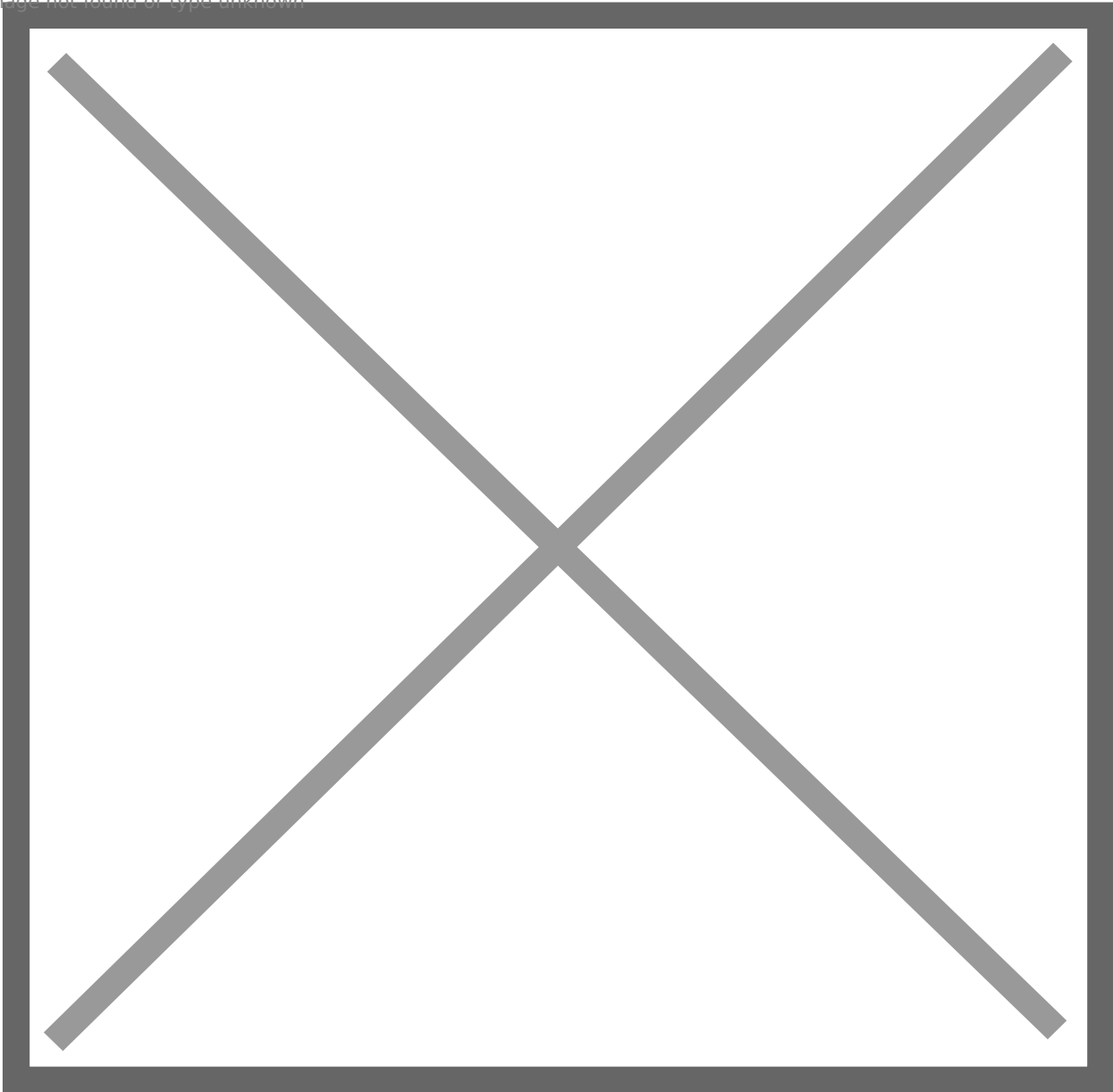


A psychologist and a functional medicine practitioner discuss happiness, eudaimonia, wellness, free will and more

Post by "Godfrey" of August 13, 2021 at 1:23 AM

This showed up in one of my feeds and could be fruitful for discussion:

Image not found or type unknown



[RHR: How to Achieve Happiness and Well-Being, with Kennon Sheldon](#)

<https://www.epicureanfriends.com/thread/2144-a-psychologist-and-a-functional-medicine-practitioner-discuss-happiness-eudaimon/?postID=13224#post13224>

In this episode of RHR, I talk with Kennon Sheldon about how to understand and cultivate happiness in order to improve our overall health, well-being, and...
chriskresser.com

The link is to a podcast and comes with a full transcription, which is quite convenient.

I'm not sure where to begin the discussion so I'll just post this and see where it goes 🤔