

Atlantic article about enjoyment vs. pleasure

Post by “Kalosyni” of May 5, 2022 at 2:20 PM

It takes a balance. I might have already posted this before, but this is very good in that it shows that happiness is both short term and long term -- "the riddle of experience vs. memory".

Quote

“We live and experience many moments, but most of them are not preserved,” Kahneman said. “They are lost forever. Our memory collects certain parts of what happened to us and processes them into a story. We make most of our decisions based on the story told by our memory.

[Read the article](#)

Watch a Ted talk:

<https://m.youtube.com/watch?v=XgRlrBI-7Yg&vl=en>