

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

Post by "Kalosyni" of February 4, 2023 at 2:38 PM

Some very good ideas from [an article on fun](#):

Quote

psychologist [Mike Rucker](#) makes the case that pursuit of fun experiences may be even more valuable than seeking the sometimes abstract goal of happiness.

"Happiness is a state of mind," Rucker writes. "But fun is something you can do. It doesn't require education, money or power. All it requires is intentionality. If happiness is a mirage, fun is your backyard oasis."

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"Happiness is really an evaluation," ... You are constantly asking yourself what is going right and what is going wrong. It can become a trap,..."