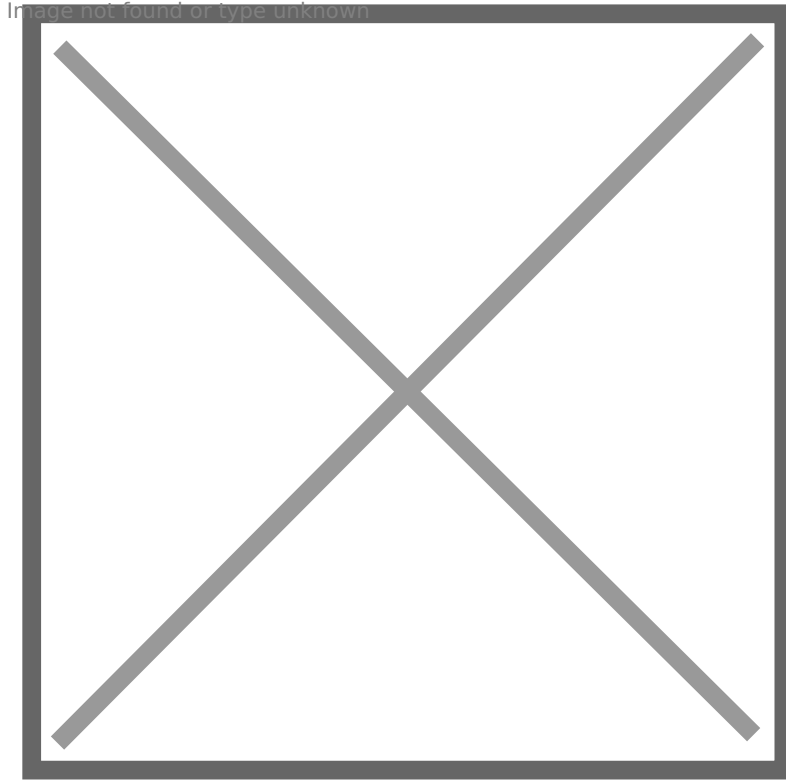
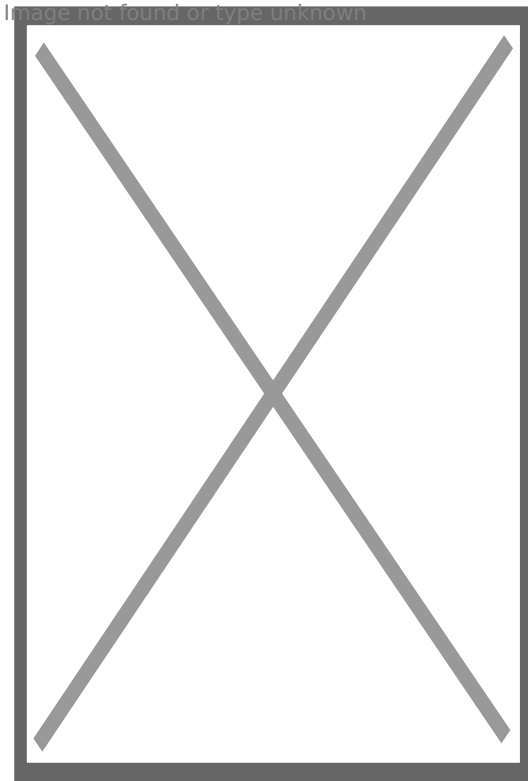


# The Fun Habit by Mike Rucker

Post by "Don" of February 15, 2023 at 9:37 AM



[A counterintuitive method to ensure 2023 is your most fun year ever.](https://www.michaelrucker.com)  
michaelrucker.com



### [The Fun Habit](#)

Discover the latest compelling scientific evidence for the potent and revitalizing value of fun and how to make having fun a habitual and authentic...

[www.simonandschuster.com](http://www.simonandschuster.com)

Just started listening to the audiobook and it strikes me as eminently Epicurean!!

Starting this thread to record thoughts of mine or others as my listening continues...