

The Fun Habit by Mike Rucker

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The basic premise of Rucker's book is that focusing on happiness (as it is often discussed in relation to the popular conversation in light of positive psychology) is that it emphasizes the gap between how we feel now and how we're *supposed* to feel. Why aren't we happy? Why are they happier than me? We try to - are encouraged to - quantify our level of happiness, then *work* on being happier.

What Rucker recommends is prioritizing "fun" - I'd paraphrase him by saying "prioritize taking pleasure in your life and your experiences." Of we prioritize "fun" , happiness becomes a welcome by-product. I'd rephrase saying "if we prioritize finding the pleasure in both our everyday experience and in the extravagant pleasures we occasionally experience, well-being / eudaimonia / happiness will be a welcome by-product of living that way."

Research shows that fun, play, pleasure-filled activities have real benefits to our physical and mental well-being.

Also: Dopamine is more important to anticipation (anticipatory pleasure) than the pleasurable act itself. Dopamine is possibly evolutionarily beneficial as a motivator to action than as a reward, so to speak. (Anna Lembke talked about this in Dopamine Nation, too)