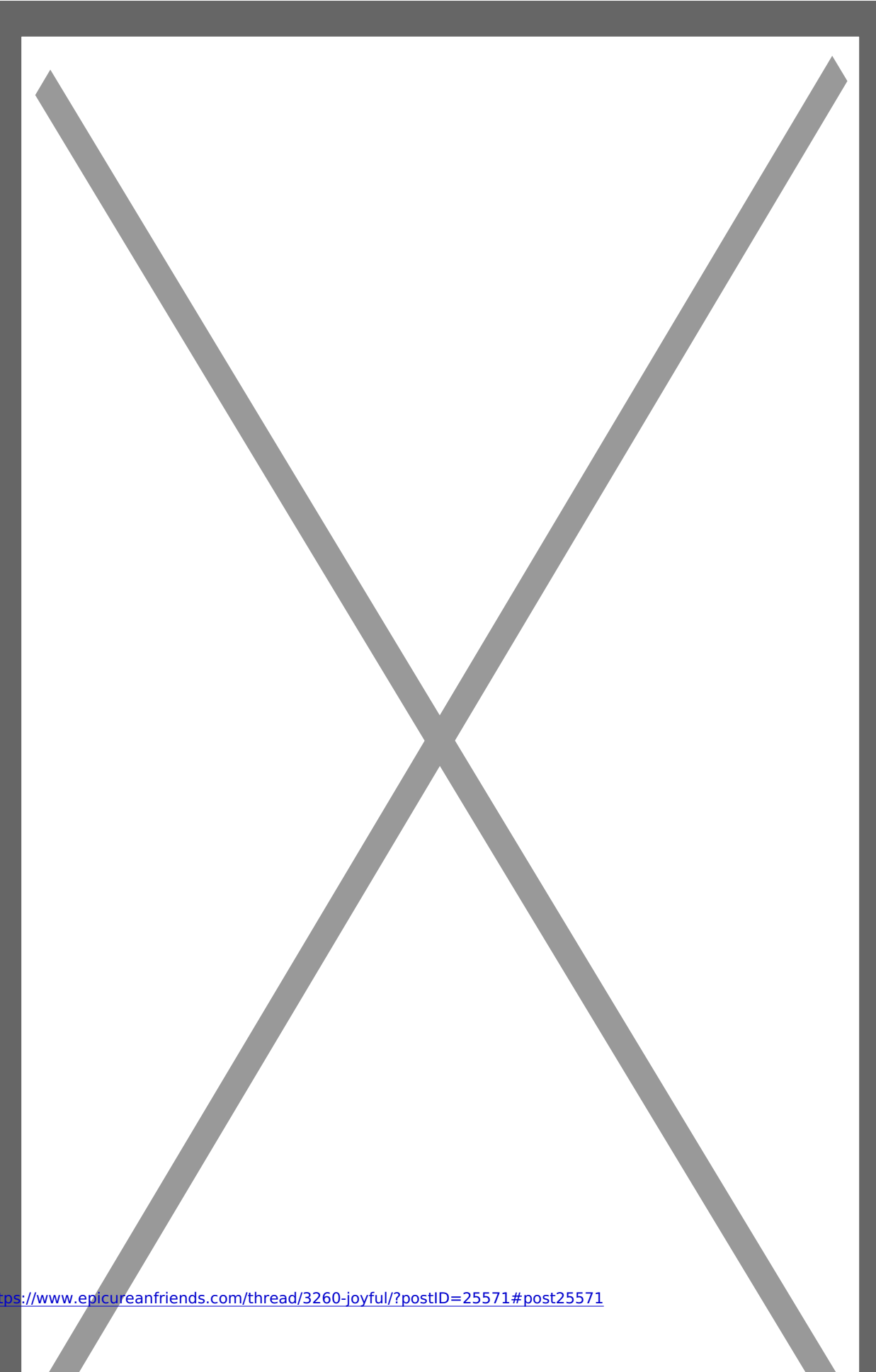


Joyful

Post by "Don" of August 17, 2023 at 11:29 AM

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[The Science of Joy: Why You Need It and How to Get It | Ingrid Fetell Lee — Ten Percent Happier](#)

The hidden influence that your surroundings can have on your happiness. And how to tweak things in subtle but powerful ways.

www.tenpercent.com

I thought the book discussed here, Joyful: The Surprising Power of Ordinary Things to Create Extraordinary Happiness, had a distinctly Epicurean perspective. Thoughts welcomed on the episode and book. I think I'll need to add another to my reading list now.