

Joyful

Post by “Don” of September 20, 2023 at 5:38 PM

[Godfrey](#) : I literally just now finished the audiobook of *Joyful*. I can see why you recommend her work! The only hiccup I had was with the chapter entitled "Magic" but in the larger context, I think I got what she was getting at. I need to pay more attention to her blog too.

I'm continually intrigued by work in this area including Dr. Laurie Santos (Yale's Happiness course and her podcast), Dr. Mike Rucker (The Fun Habit), now Ingrid Lee. These all, to me, have Epicurean aspects to them: embracing joy, taking pleasure in life, gratitude, etc. Epicurus's philosophy keeps infiltrating modern life... he's just not given credit.