

Daily Practices

Post by “Godfrey” of April 5, 2019 at 7:23 PM

Not sure if it belongs here, but this article popped up in my feed:

<https://www.businessinsider.com/exercise-makes...y---4.0-styling>

An interesting point that they make in the study is that too much exercise decreases happiness. A great example of natural and necessary approaching unnecessary and/or unnatural.