

Choice & Avoidance: towards a better translation for avoidance

Post by "Don" of August 15, 2024 at 11:01 PM

[Quote from Kalosyni](#)

Another aspect is investigating modern psychology and neuroscience in specific situations. When you mention the word "play" that reminds me about something Don posted (an article or podcast) about including more play in one's life. (I'm not sure where that is located).

Was it *The Fun Habit: How the Pursuit of Joy and Wonder Can Change Your Life* by Michael Rucker?

Post

[The Fun Habit by Mike Rucker](#)

<https://michaelrucker.com/>

<https://www.simonandschuster.com/books/The-Fun-...r/9781982159054>

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...



Don

February 15, 2023 at 9:37 AM