

The Fun Habit by Mike Rucker

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After reading some of this book, thinking...

Does fun equal novelty? Do you need to have a certain level of reoccurring novelty in life in order to feel happy? ...and I think that this could set you up for feeling unhappy if you feel like you aren't getting enough novelty. The concept of pursuing novelty could be a modern invention, created by the travel industry (big hotel corporations, big restaurant chains, and not too long ago there were travel agencies)...and it is not part of our evolution. Perhaps the idea of pursuing novelty continues to be popular because it can ease the "pains" of modern civilization (indoor desk jobs) as well as a lack of close social interactions.