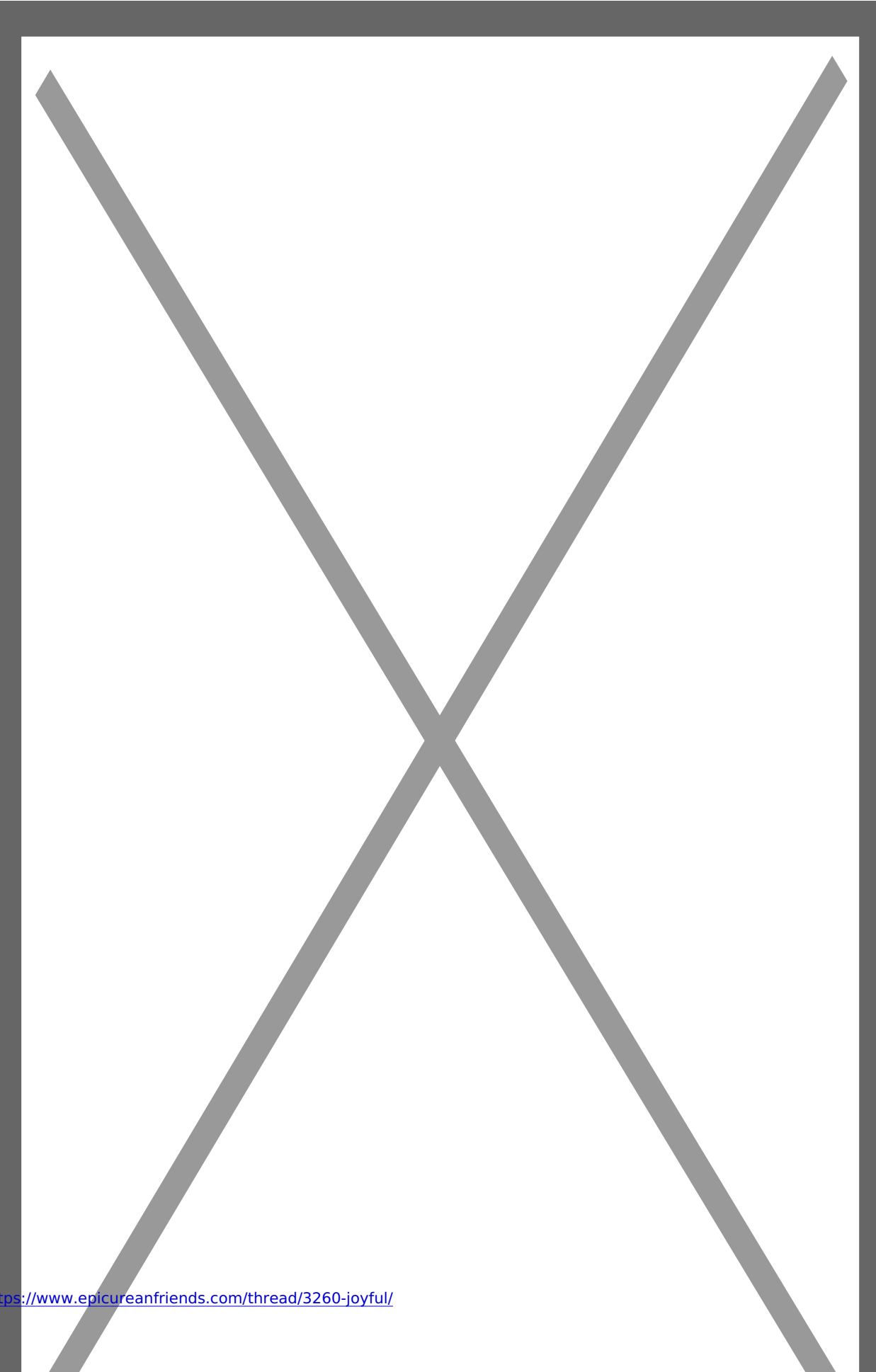


Joyful

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.

Post by “Godfrey” of August 17, 2023 at 9:05 PM

I enjoyed her book and have been following her blog for a couple of years now. Highly recommended! I've posted here once or twice on her work; a search should turn up the posts.

Her take on things often seems to be Epicurean. I don't know that it is, but it is science based. Which, come to think of it, is Epicurean.

Post by “Don” of August 17, 2023 at 10:29 PM

By Zeus, [Godfrey](#) ! I *am* late to the Ingrid party. I see you've mentioned her all the way back to 2019! With your recommendation (which I respect highly), now I really have to dig into her book and blog. Thanks!!

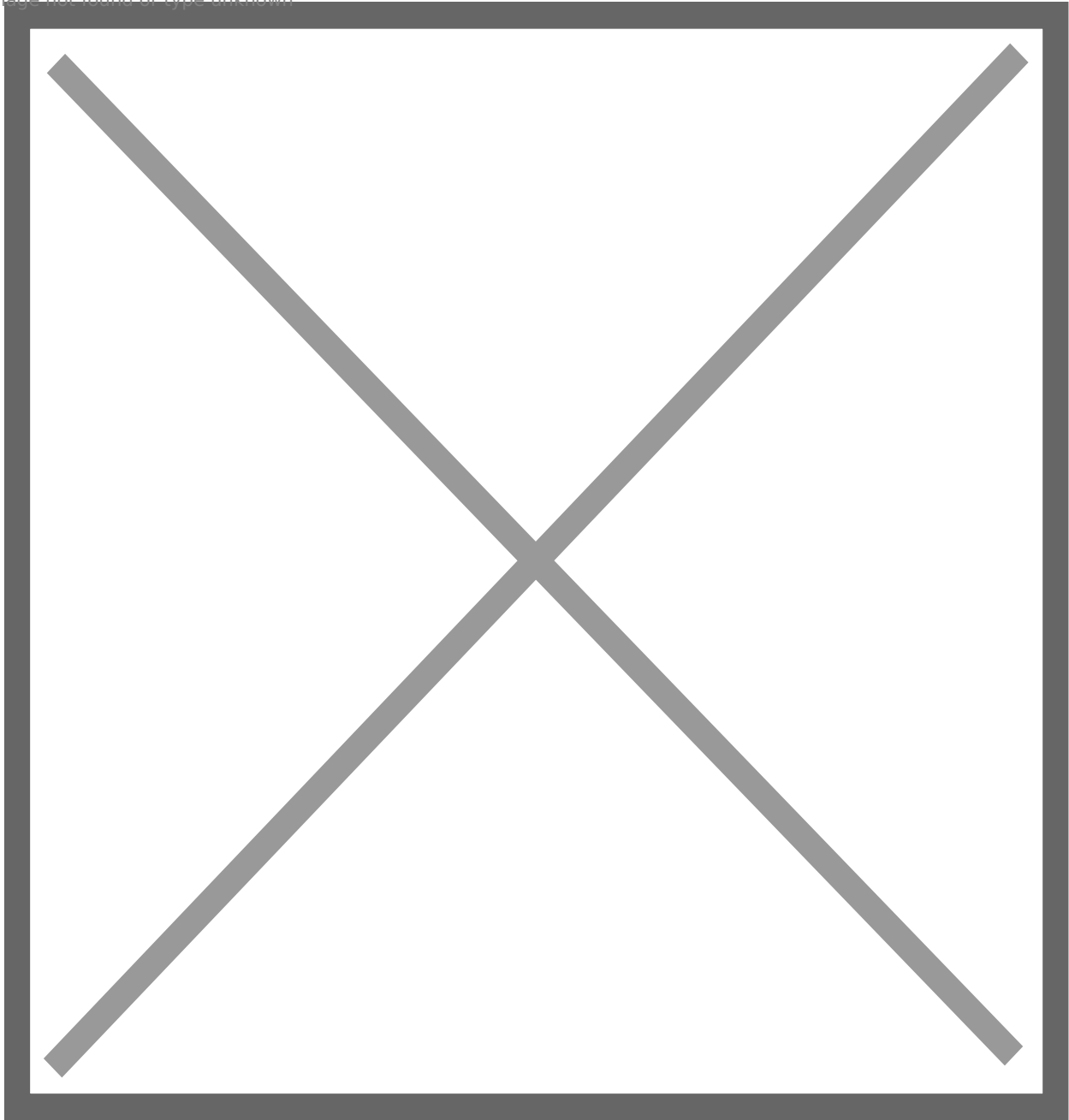
Post by “Don” of September 20, 2023 at 5:38 PM

[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.

Post by “Don” of September 20, 2023 at 9:34 PM

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[BBC Radio 4 - Natalie Haynes Stands Up for the Classics, Series 4, Horace](#)

Natalie Haynes stands up for Roman poet Horace. With guests Llewelyn Morgan and Ben Okri.
www.bbc.co.uk

Edit: oops, I meant to put this in the Horace thread! I'm going to copy over there.