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Similarly, the shift from hedonism  
to the pursuit of happiness does  
not entail having less fun; the  
difference is that the fun the happy

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person experiences is sustainable, whereas the fun of the hedonist is ephemeral. The happy person defies the “no pain, no gain” formula: she enjoys the journey and, dedicating herself to a purpose in which she believes, attains a better outcome.

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become...you guessed it, happier.  
The Big Ideas! Establish rituals in  
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teeth each day, you can establish  
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figured it would behoove me to  
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