

Happiness Can Be **Boring**

A SPECULATION

Prolonged sameness is boring. Our brains and emotions need variation sometimes. This need can also apply to happiness. It would not be a good thing to be happy at the same intensity all the time. Not only are some periods of greater happiness required but also some periods of lesser happiness.



HAPPINESS OVER TIME IS BEST WHEN
IT OSCILLATES, WHEN IT HAS A RHYTHM.