

# Public note

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Psychologists have known for fifty years that people tend to adjust to the good things that happen to them, ending up about as happy as they ever were. It's called the hedonic treadmill: chase after happiness and the treadmill speeds up just enough to keep you right where you are.

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Found on The Five Tools of Hedonic Design - by Adam Mastroianni on 2023-01-09 17:30:38.

Tags: #hedonism #happiness