The happy numbers

```
1, 7, 10, 13, 19, 23, 28, 31, 32, 44, 49,
68, 70, 79, 82, 86, 91, 94, 97, 100, 103,
109, 129, 130, 133, 139, 167, 176, 188, …
```

Add up the squares of each of the digits of n.
If repeatedly doing this eventually reaches 1, n is happy.

Example:
$19 \to 82 \to 68 \to 100 \to 1$, so 19 is happy.

Numbers which never reach 1 are called *unhappy.*