

## 0.1 Chapter 4: self: Mood

### 0.2 Mood

## 1 On the Small Pleasures



We are dominated by striving: for better relationships, work and personal lives. Restless, we think, is synonymous with success. Nothing should be good enough for long. But, in so concerning ourselves with unattainable levels of excellence, we overlook more modest pleasures, closer to home.