

3.36pt

## happiness just a motivator (?)

- “Happiness is the feeling that power increases—that resistance is being overcome.” Nietzsche
- SWB merely signals that task at hand has been accomplished
  - then it dissipates and pain settles in so that the signal is that I can move to another task!
- Earth is not for comfort/happiness, humans have not evolved to be happy but to reproduce (?) see superb ‘Selfish Gene’ (?)
- it’s for struggle, and pain has its motivating place
- happiness-seeking/pain avoidance is complacency
- “The word ‘happiness’ would lose its meaning if it were not balanced by sadness” Jung