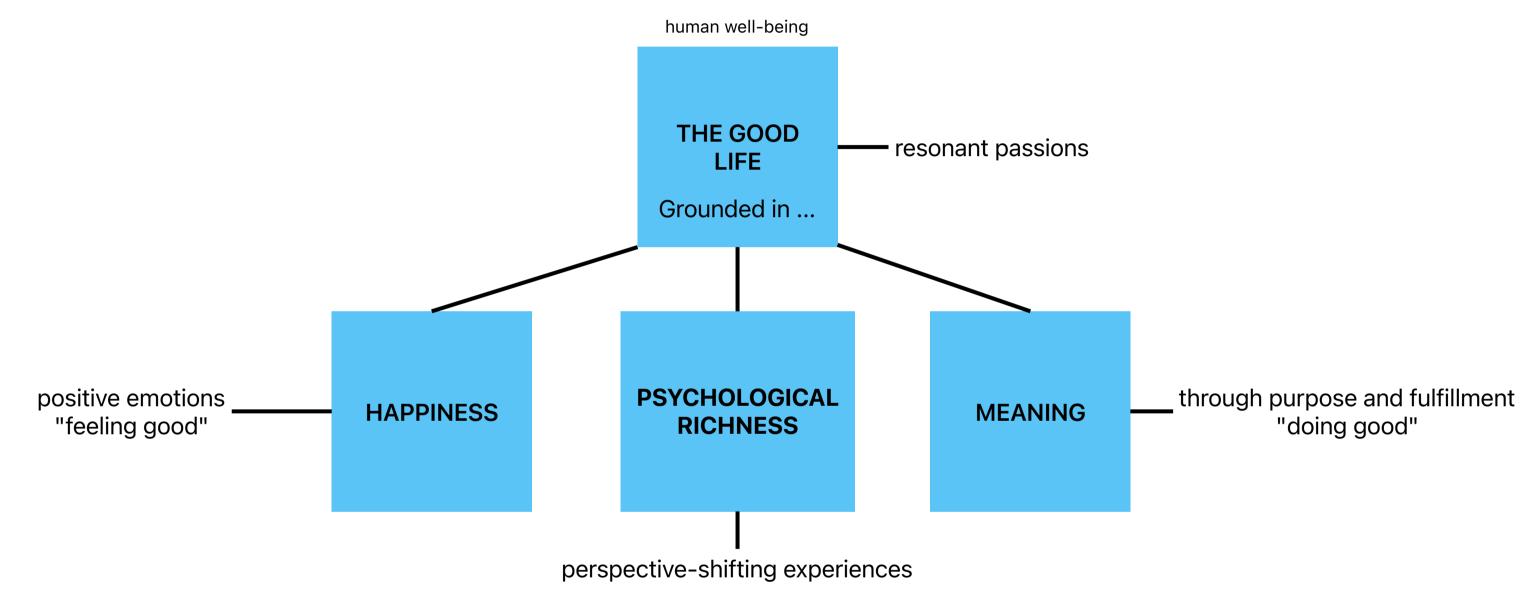
Why do some people feel unfulfilled even when they have happy and meaningful lives? the "middle" way

"happiness and meaning are important ... just don't forget about richness"



"https://scitechdaily.com/ psychologists-reveal-the-surprisingreason-a-happy-life-may-leaveyou-empty/"

shift the way you see the world

curiosity, growth, and challenge

experiences that are neither pleasant nor clearly purposeful

seeing the world in new ways & thinking more deeply "outward & inward"

variety, novelty, and intellectually stimulating experiences, even when those experiences are difficult, uncomfortable, or lack a clear sense of meaning.