

More Ways Than One

I'm sure you've heard the phrase "Money can't buy happiness."

Here's an exercise I like to suggest for people:

Take the phrase "money can't buy happiness" and substitute words like health, friendship, music, food, dance, travel, and romance instead of "money."

The advice still works because none of those things, in isolation, can make you happy either.

Physical health is great, but there are lots of physically fit people who are psychologically miserable. Having friends is great too, but it's no substitute for self-esteem, physical health, and enough financial resources to secure the tools necessary for connecting with them. Music is awesome, but it can't satisfy your biological need for food and water.

The same is true of food, dance, travel, romance, and whatever else you add to the list. All things are limited in their ability to satisfy.

Nothing can make you happy apart from a nuanced and unique combination of many things.

The only silver bullet is the recognition that there's no silver bullet.

I can't tell you how to find happiness, but the surest way to lose it is by seeking it in a single source.