



# Seven Pleasures: Essays on Ordinary Happiness

*Willard Spiegelman*

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## **Seven Pleasures: Essays on Ordinary Happiness** Willard Spiegelman

What does it mean to be happy? Ever since the Founding Fathers invited every citizen to join the pursuit of happiness, Americans have been studying and pining for that elusive state of mind. But rather than explaining happiness, in *Seven Pleasures* Willard Spiegelman demonstrates it: he immerses us in the joyful, illuminating practice of seven simple pleasures ?dancing, reading, walking, looking, listening, swimming, and writing?and evokes all the satisfactions they offer. Lighthearted, insightful, and deeply felt, *Seven Pleasures* is a portrait of pure enjoyment.

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