

Visiting Happiness

By Susan E L Lake
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I was just reading an article by the editor of [Bottom Line](#) on finding small pleasures since big ones seem a bit distant right now. The author states, "Research consistently shows that traveling to a new place engenders more long term happy feelings than being given extra money or buying something new."

My immediate response was that revisiting my photos (both good and bad) from previous adventures quickly recreates in me the feelings I had at the time. Joy floods my brain as I find myself saying, "Oh yes. I had forgotten that lovely place." Or "Wow. Didn't we have a great time with those new found friends."



I love peering into "tunnels" to see what's hiding at the end. I wasn't disappointed with this Venice courtyard.

So in this time of social isolation, I'm going back to my images to do some more culling, but I'll also let that long term happy feeling follow me as I revisit each experience. I welcome you along for the ride.

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