

Sources

 [Epicurean pleasure, pain, and desire](#)

 [Aristotelian happiness and virtuous activity](#)

 [Hedonic and eudaimonic immune-gene activity](#)

 Back-and-forth on happiness and gene expression

<https://www.pnas.org/content/111/35/12705>

<https://www.pnas.org/doi/10.1073/pnas.1413316111>

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0121839>

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0156415>

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0160565>

 [Purpose in life and Alzheimer's risk](#)

 [Purpose, 17 percent lower mortality, and fewer cardiovascular events](#)

 [Ikigai and seven-year mortality](#)

 [Other-oriented volunteering and lower mortality](#)