



## daily GOOD

He realised, more vividly than ever before, that art had two constant, two unending preoccupations: it is always meditating upon death and it is always thereby creating life. --Boris Pasternak

### **Bhutan's Dark Secret to Happiness**

"Citizens of one of the happiest countries on Earth are surprisingly comfortable contemplating a topic many prefer to avoid. Is that the key to joy?...In Bhutanese culture, one is expected to think about death five times a day. That would be remarkable for any nation, but especially for one so closely equated with happiness as Bhutan. Is this secretly a land of darkness and despair? Not necessarily. Some recent research suggests that, by thinking about death so often, the Bhutanese may be on to something."

### **Be The Change:**

A palliative care nurse asked her patients what their biggest regrets were. Then she compiled their answers into this powerfully insightful piece. You can read "Top 5 Regrets of the Dying" [here](#).