

Why am I doing this?

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November 10, 2023

Why am I teaching physics at Lebanon Valley College?

- ▶ Mundane and practical reasons
 - ▶ I really like physics.
 - ▶ I need to have paid employment to support myself and my family.
- ▶ Motivating reasons
 - ▶ I want you to be happy.
 - ▶ I want you to be healthy.
 - ▶ I want you to be safe.

Three things build your chronic happiness:

1. Challenge/exercise your body.
2. Challenge/exercise your brain.
3. Develop your attention.