

# Don't just photograph life's highlights, study suggests

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## *The Boston Globe:*

We assiduously document life's obvious highlights: Our cellphones are filled with photos of the first day of school, graduations, weddings, and birthdays. A new study by a team of Harvard Business School researchers suggests, however, that we underestimate the pleasure we will gain from rediscovering our most mundane moments.

In fact, the most boring, everyday stuff may give us more pleasure in retrospect than our extraordinary experiences.

The study, published in the journal *Psychological Science*, found that our poor judgment may even mean we go about preserving our memories the wrong way: We may be passing up the opportunity to record the experiences we are least likely to remember and most likely to enjoy reliving.

Read the whole story: [\*The Boston Globe\*](#)