

Hooray for the Mundane! Ordinary Memories Are the Best

September 17, 2014

TIME:

Never mind those dreamy recollections of your fab trip to Rome or that perfect night out last Valentine's Day. Want a memory with some real sizzle? How about that time last week you went out for a tuna sandwich with the guy in the next cubicle? Or that trip to the supermarket on Sunday? Hot stuff, eh?

Actually, yes. Ordinary memories, it turns out, may be a lot less ordinary than they seem — or at least a lot more memorable — according to a nifty new study published in the journal *Psychological Science*. And that can have some positive implications for our state of mind.

Read the whole story: [*TIME*](#)