

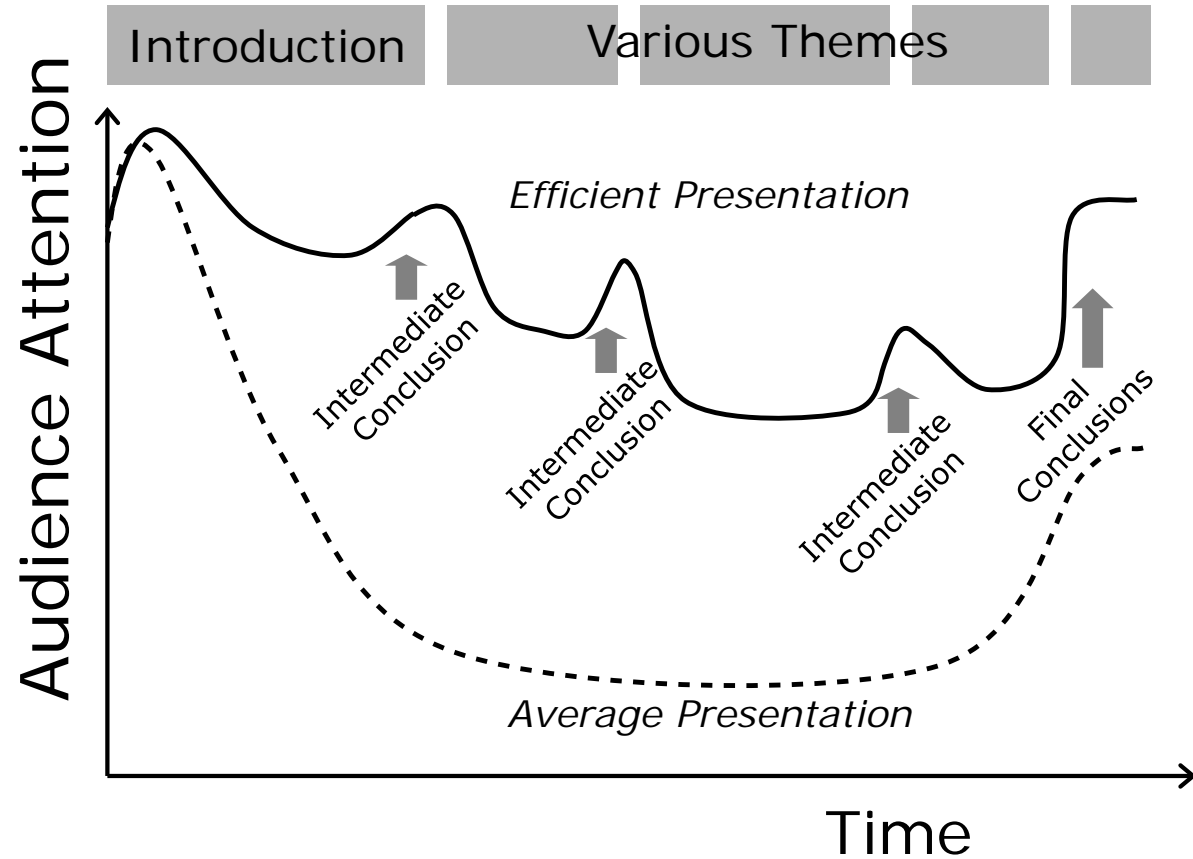
# Lecture Dynamics vs. Cognitive Psychology

BREVIA

## A Wandering Mind Is an Unhappy Mind

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**Fig. 1.** Mean happiness reported during each activity (**top**) and while mind wandering to unpleasant topics, neutral topics, pleasant topics or not mind wandering (**bottom**). Dashed line indicates mean of happiness across all samples. Bubble area indicates the frequency of occurrence. The largest bubble ("not mind wandering") corresponds to 53.1% of the samples, and the smallest bubble ("praying/worshipping/meditating") corresponds to 0.1% of the samples.

