Definition of True Fun
From The Power of Fun, by Catherine Price

"True fun…is the feeling of being fully present and engaged, free from self-criticism and judgement. It is the thrill of losing ourselves in what we're doing and not caring about the outcome. It is laughter. It is playful rebellion. It is euphoric connection. It is the bliss that comes from letting go. When we are truly having fun, we are not lonely. We are not anxious or stressed. We are not consumed by self-doubt or existential malaise…True Fun makes us feel alive."