End to the wise: Life is about so much more than the pursuit of happiness. In fact, as emotions go, "happy" is a pretty pathetic one. It's a broad stroke when you actually seek is an individual strand of happiness something closer to contentment, awe or excitement.

Psychologists say honing in on these specific emotions is important. "There are studies on the value of developing 'emotional granularity', in which people can be taught to identify and label their feelings with greater specificity and nuance," says positive psychology lecturer Dr Tim Lomas. "That means recognizing different varieties of positive emotion, rather than just using generic terms such as 'happiness' or 'wellbeing'." It was so that end Dr Lomas created The Positive Lexicography Project – a compendium of words that succinctly capture nuanced emotions. Understanding and reflecting upon them is, according to Dr Lomas, helpful in developing mindfulness something importantly when you've an overworked Londoner who goes through several thousand emotions just being on the tube at rush hour. We combed through his Intercontinental Library of untranslatable emotions to find the feels most relevant to our discerning Balance readers. Consider your emotional vocabulary broadened.

**Uteplis**
Norwegian; noun Literally outdoor burger; a beer enjoyed outside (especially in the sunshine). In Irish this is a necessity because every pub has just three chairs.

**Hugfaglætt**
Icelandic; adjective Literally "mind-captured", to be charmed or fascinated by someone or something. Likely to happen to you several times during every tube journey.

**Tyvsmake**
Norwegian; verb Literally sneak, thief (Tyv) same (Smake); to taste or eat pieces of food (e.g., when cooking); cherry-picking the best morals (rather than to improve the meat).

**Tarab**
Arabic; noun Musically-induced ecstasy or enchantment. Particularly poignant when drowning out London's bustle with a sweet pair of noise-cancellers.

**Kenopsia**
English, New Colloquial; noun The eerie, forlorn atmosphere of a place usually bustling with people but now abandoned and quiet—a school hallway in the evening, an empty office on a weekend...

**Gauapa**
Basque; noun Literally 'all nighter', e.g., to spend the night partying and to arrive home as dawn. You may or may not be returning from Vaxzilla.

**Felerabend**
German; noun Literally 'Friday evening', the jolly mood that arrives at the end of a working day; can just mean the end of the working day.

**Fiâner**
French; verb Literally strolling. As noun (Fiâneur) one who strolls (e.g., to experience Die city).

**Herd-klopf**
German; noun Literally 'bark-knock' the champion of the term in anticipation of something good (or bad) happening.

**Morkkis**
Prints; noun A moral or psychological hangover; post-hoc embarrassment or shame at one's drunken behaviour (and denial or confusion about what one might have done).

**Weltenschmerz**
German; noun World-weariness, world-burden; cassusus melancholy. Otherwise known as every Londoner's disposition since the Brexit vote.

**Voreuvre**
German; noun Intense, joyful anticipation derived from imagining future pleasures. Ask the Friday feeling.

**Shènnòi piào**
Chinese; noun Aesthetically fatigued; exposure to so much beauty that one ceases to appreciate it.

**Gluggavedur**
Icelandic; noun Literally 'window weather'. Weather that is pleasant to look at through a window, but unpleasant to be outside (e.g., cold, winds). Even better when the snow blocks your way and you have to take the day off.