

## **[Toby Sherman's Ancient Guide To Modern Well-being] That article I mentioned at the on line Wednesday 8/17 meeting**

**Post by "Cassius" of August 18, 2022 at 7:34 AM**

How many oh mys should I string together for this one???

"Even if we work to habituate ourselves to be satisfied with less, there will always be some desires that remain, and continue to distress us to at least a small extent. We will always desire some food and warmth. However, this is not a problem, as we have seen, since food and warmth are both biological needs. Sex is a different matter. Since lack of it does not cause physical harm, it would be better not to want it at all. All sex does is sooth a pang that needn't be there in the first place. Ideally, we would have a naturally low sex drive, or habituate ourselves to not want sex. As that may not be possible, the desire should be managed sensibly, like hunger, so it doesn't become a burden or a pain."