

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

Post by “kochiekoch” of August 18, 2022 at 1:31 PM

LOL!!! Well..., I did ask you what you thought. 😊

Thanks for all the extensive replies so quickly! 😊

Although, I don't think the author is just saying that we should forgo ALL pleasures, for lack of pain; in as much as we reach that perfect level of contentment only rarely. Then, chocolate, hugs, sex, roller coaster rides, etc. serve to make us happier.

It's all choice and avoidance, so you're not causing yourself more trouble than it's worth.

I await your many replies! 😊

Steve