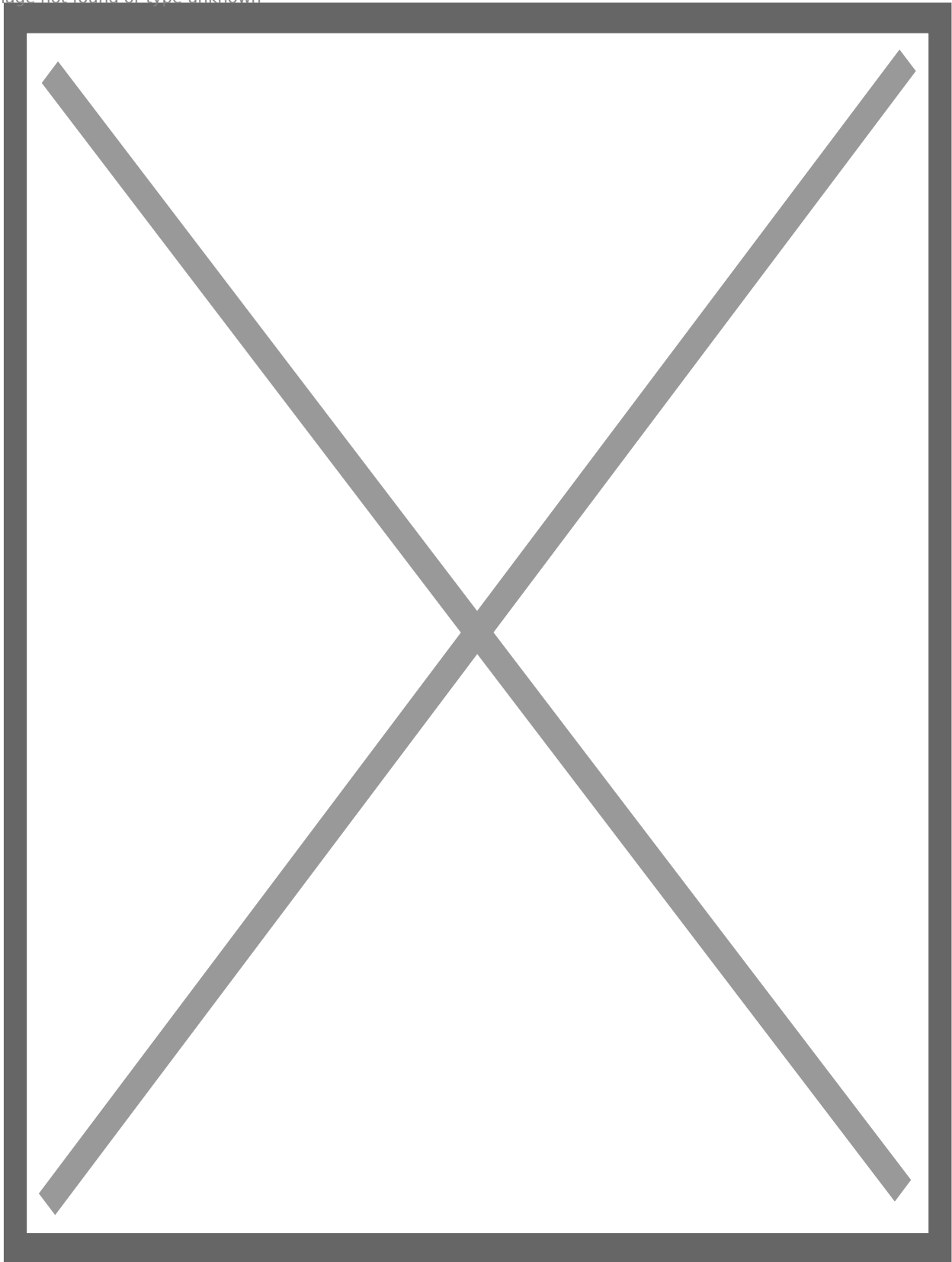


The Art of Frugal Hedonism

Post by “Godfrey” of February 18, 2023 at 12:54 AM

Speaking of desires, I found this blog post to have some good insights on the subject:

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[Why wanting less doesn't always mean more joy - The Aesthetics of Joy by Ingrid Fetell Lee](#)

<http://www.epicureanfriends.com/thread/2897-the-art-of-frugal-hedonism/?postID=22765#post22765>

We're often told that wanting less is the key to happiness, but suppressing our desires can lead us to shrink our lives, play small, and accept less than we...

aestheticsofjoy.com

There seems to be something in the air these days: people are discovering the benefits of the Epicurean life, some perhaps through studying Epicurus, and some perhaps by reasoning it out on their own. Not all are presenting a complete worldview as did Epicurus, but it does seem to be a trend that's heading in a good direction.