

# The Art of Frugal Hedonism

Post by “Don” of February 18, 2023 at 6:40 AM

[Godfrey](#) : Changed my emoji on your article find from a "thanks" to a "heart"! I'm curious to explore that blog more.

And I agree with your "something if the air these days." I'm torn on my reaction to all of this. Rucker, positive psychology, frugal hedonists, happiness research, and on and on all seem to be... Let's call it touching different pieces of the Elephant of Epicurean Philosophy and coming away with helpful lessons but missing the bigger coherent worldview.

It seems to me that the blog's author's conclusion is Epicurean: learn to want better. The last 4 paragraphs are great! I think Buddhists would say "to want less, to control and tamp down our desires" is the right track. But I am convinced Epicurus didn't and wouldn't advocate "a state of over-consuming, goal-oriented pursuit, never able to enjoy anything." However, I think he'd agree with the author that desires are

Quote from from blog

"more nuanced. It's not that wanting is bad, but that so many of us live our lives trying to satisfy the wants of others without really understanding what we want for ourselves. We pursue accolades to satisfy the wants of our parents, we acquire material things that to fix what marketers have told us is "wanting" in us.... Maybe we accept the gratification of a high-status job because we learned approval is more attainable than unconditional love.

The whole idea of "wanting better" seems an apt metaphor for Epicurus's prudent perspective on living for pleasure.