

# The Art of Frugal Hedonism

Post by "Cassius" of February 18, 2023 at 7:23 AM

I think I recently quipped that just because the Stoics say it doesn't make it necessarily wrong. And the same would go for the Buddhists. But:

[Quote from Don](#)

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

The right track to what?

It begins to become more apparent how phrasing things in terms of "frugal hedonism" and "abundance" - rather than unmodified "pleasure" or the absence of reference to supernatural forces or life after death can end up leading to both very divergent goals and paths. It's very easy to place modifier words on pleasure that change the focus entirely. I could easily imagine "responsible pleasure" or "noble pleasure" would suit the Stoics.

I think Diogenes of Oinoanda would have shouted at least as much at the Buddhists as he would at the Stoics, and very possibly more loudly.

Sounds like the book has food for thought for living more self-sufficiently but contains much peril for those who are not clear about why they might want to do so.