

# The Art of Frugal Hedonism

Post by “Kalosyni” of February 18, 2023 at 8:30 AM

## [Quote from Cassius](#)

The right track to what?

Here in this thread I want to point out an example of the complexity (and difficulty) of thought and language.

## [Quote from Don](#)

I think Buddhists would say "to want less, to control and tamp down our desires" is the right track.

And Don has explained:

## [Quote from Don](#)

Just to be clear, I'm saying the Buddhists are wrong too. They would say tamping down desires is the right track.

But maybe Cassius was asking this:

There is the question of the **goal**: "the right track to what?"

Just like there is the idea within religion of [Perennial philosophy](#), so to we need to watch out for some like this when comparing Epicureanism to other philosophies (such as the philosophy of Buddhism). I once read a very good explanation about why the belief in "perennial philosophy" is incorrect -- since the end goal of each religion is actually slightly different.