

Is there Choice without satisfaction? What's the name of the pleasure of Choice itself?

Post by “Godfrey” of March 17, 2025 at 8:00 PM

For me, the immediate pleasure of choosing is that of agency. And this can build upon itself with tiny successes such as choosing to take a break, then taking it when the time comes.

I just finished reading a short book titled Time Surfing, by Paul Loomans, which talks about the power of taking breaks as one of the seven steps to intuitive productivity that he addresses in the book. As a retiree, I find his ideas in the book very appealing. One caveat, for [Cassius](#) , is that the author is a Zen monk 🙏 But, to paraphrase Seneca, take good ideas from wherever you may find them. Within reason, of course.