

# Calculus, Minimalism, Consumerism, Finding the Path

**Post by "Garden Dweller" of October 11, 2019 at 10:28 PM**

When one makes lifestyle decisions, how does one apply hedonistic calculus?

Sample decisions:

Should I eat healthy food or food that tastes good but has long term negative health effects?

If I reduce the number of things that I own, my life is simplified, but what if I start to get bored with my minimalist situation?

Some luxuries are very pleasing, but I can't afford them, should I get a second job to pay for them?

Did Epicurus recommend a certain lifestyle?

Does Epicurus recommend eating simple food and growing one's food in a garden?

Would living in a garden and harvesting one's food be a life to strive for as a student of Epicurus?