

# **Guide of Life, Divine Pleasure - Doc Version**

**Post by "Cassius" of October 24, 2019 at 9:27 AM**

Elayne posted:

Once a person has gotten a firm grip on this understanding, "how to live" tends to fall into place. Yes, there is some learning on the hedonic calculus-- how to make decisions for actions bringing more pleasure than pain. But I find that fairly intuitive for a person who has truly decided to enjoy life!

Watch out for anyone who gives you a list of activities, political positions, economic choices, etc, and says you should do them to have pleasure. People like that want to convince you to do things their way, for their own pleasure, and your may vary. Instead, pay attention to what brings you more enjoyment than pain and do those things. Day by day, you will gain skill!