

## Practical exercises: PD2

**Post by “Godfrey” of July 4, 2021 at 6:03 PM**

[Don](#) thanks for adding that link! It's nice to have related discussions close at hand.

After some further thought I think that the first version of this exercise, visualizing dying well, is both the most useful and the most Epicurean (as is often the case). At least for me, it reinforces the understanding that if we can find pleasure even in death, we can certainly find pleasure in each moment of living.