

Would There Be Benefit In Adapting the "Benjamin Franklin Journaling Model" To Our Discussion of Practical Exercises?

Post by "Godfrey" of July 9, 2021 at 4:53 PM

This list would definitely require a re-do for an Epicurean! Not just the descriptions but many of the headings, the ones that jump out to me being at least: frugality, industry, tranquility and chastity.

An interesting idea though and one that wouldn't have occurred to me as I tend to have a more loosey goosey approach to life 😊