

# Major (In the Sense of Major Publication) Review of Emily Austin's "Living for Pleasure"

Post by "Todd" of January 26, 2023 at 2:29 PM

[Quote from Don](#)

[Quote from Cassius](#)

What? "Rumination" is not generally a negative word, is it?

LOL. I've never had a positive connotation associated with ruminate 😄

To me, it's chewing over something in your mind over and over without getting anywhere.

I'm with [Cassius](#) on this one.

Ruminate was always more or less neutral to me. I could certainly imagine myself relaxing by a gentle stream, ruminating about some ideas I'd recently encountered.

It has only been in the last few months/years that I've seen it used in this kind of clinical way to refer to negative thoughts. Maybe it has always been used that way...just saying I was not aware of it until relatively recently.