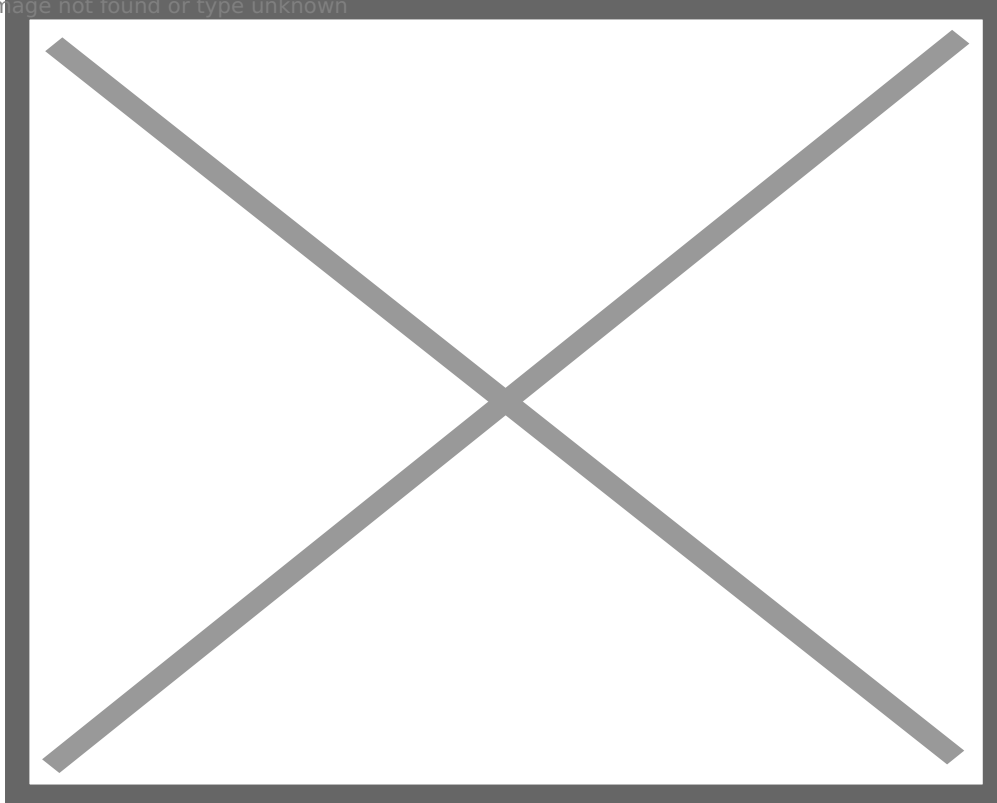


# The Art of Frugal Hedonism

Post by "Don" of February 15, 2023 at 11:01 AM

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[The Art of Frugal Hedonism: A Guide to Spending Less While Enjoying Everything More](#)

The Art of Frugal Hedonism is your leisurely guide to a life that both makes sense, while indulging the senses; how to live lightly but luxuriantly.

[www.frugalhedonism.com](http://www.frugalhedonism.com)

I'm working my way through this book, and it specifically mentions Epicurus. Opening this thread for thoughts on this one.