

# The Art of Frugal Hedonism

**Post by "Don" of February 15, 2023 at 2:42 PM**

First thoughts, random:

Being frugal does NOT mean ascetic or stingy or anything negative.

It takes practice to be a "frugal hedonist".

It means being aware of what you're actually spending YOUR time and money on.

Are you actually taking pleasure in what you spend time and money on.

Don't get caught up with instant gratification: instead of "pulling the lever for cheese" (classic mouse experiment metaphor), try "walking to cheese mountain, befriend the cheese miners, etc."

Relish: REALLY experience your activities. Take time to actually taste that cup of coffee. Take pleasure in the details of your life.

My note: I think frugal hedonist is a good description of Epicurus's lifestyle, much better than the ascetic he's made out to be.

Looking forward to reading more.