

The Art of Frugal Hedonism

Post by "Titus" of February 15, 2023 at 6:33 PM

[Quote from Don](#)

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.

My thoughts: Frugality in an Epicurean context could mean to focus on one's senses and impressions, rather than pursuing foreign ideas of what happiness is made of. Leaving things behind can help to focus on our measuring instruments and on what makes us happy personally.

I can tell you from my actual holidays, touched by a thousand beautiful impressions a day. Eating an elaborated meal or driving a cool car couldn't add anything to my happiness. The openness of my senses already fills up the cup to its fullest.

Frugality could also teach us about the limits we're able to live with and therefore how to improve resilience.

In the end I would argue, it's not about frugality, but pursuing elemental features of ourselves.