

# The Art of Frugal Hedonism

Post by "Cassius" of February 15, 2023 at 7:43 PM

I agree with virtually every practical consideration stated in the thread above, but I want to repeat a statement I just made [in another thread](#):

*As usual I think it's a bad idea to try to come up with a one size fits all rule. I am haven' previously made this comment in the "frugal hedonism" thread, because I see the value in explaining words. But in the end I think the best way to convey this analysis is simply to call it "Epicurean" - and gradually begin the long crawl out of the box that we are in due to the dominance (and our acceptance) of other people's paradigms.*

Unfortunately we don't have the ability to claim that our definition of "frugal" or "hedonism" is the correct one. But the word that I do think we should claim, and define as clearly for everyone as we can, is "Epicurean."