

# The Art of Frugal Hedonism

Post by “Don” of February 15, 2023 at 8:27 PM

FWIW...

Diocles in the third book of his *Epitome* speaks of them as living a very simple and frugal life (DL 10.11)

Διοκλῆς δ' ἐν τῇ τρίτῃ τῆς ἐπιδρομῆς φησιν εὐτελέστατα καὶ λιτότατα διαιτώμενοι.

εὐτελέστατα

[Henry George Liddell, Robert Scott, A Greek-English Lexicon, εὐτελ-ής](#)

λιτότατα

[Henry George Liddell, Robert Scott, A Greek-English Lexicon, λι-τός](#)