

The Art of Frugal Hedonism

Post by "Don" of February 16, 2023 at 11:03 PM

Chapters 3-7 notes

Take care of the things you have. Don't automatically default to "throwaway materialism" and over consumption.

Appreciate what you have and what went into it: author's example - appreciate that plastic chair you have, have gratitude for the workers that smelted the metal in the legs, mined the ore, worked in the factory. Don't just throw it away because you're bored with it.

Be aware of where you're spending your money!

Buy quality when possible and take care of it.

Be mindful of what you're throwing out and don't be wasteful.

(*Side note: the authors may tout this whole idea of scrounging the "waste stream" a little hard for my taste. They're advocating getting everything from furniture to clothes and more from trash left on the street to secondhand stores. Using every last scrap of food including sour milk for pancakes (although that's probably not that bad of an idea). Even scooping dried pigeon droppings under bridges for "the best garden fertilizer." This is where it starts to sound like work!)

Chapter: Recalibrate you're Your Senses: I like this one. The gist is similar to "hunger is the best spice," but, again, it's paying attention to what's in front of you and appreciating it.

They talk about a consumption rhythm of lean-lavish-lean, which strikes me as similar to the intermittent fasting idea. Or the sandwich eaten at the top on the mountain tastes so good!

(*Side note: I maintain I had the best soup and homemade bread *ever* after a four hour hike to the Tea House of the Six Glaciers near Banff, BC. In retrospect, expectations for the food were low, it was a long hike, we were hungry... But lunch was amazing! Google it. Go there! Also, this whole topic reminds me of the text that talks about Epicurus, from time to time, would try to see how much food would be just enough to give him pleasure, I assume how much or how little would satisfy his hunger.)

There's also the appreciation of natural light when the electric goes out. Then an appreciation of electric when it comes back!!

"Frequently making frugal choices furnishes us with a more sensitive pleasure palate."

"Frugal hedonism furnishes us with an Elegant sufficiency of consumption."

(*Side note: Elegant. Where have I seen that before? Oh yeah: "There is an elegance in simplicity...")

"Be patient and gloat over every little increase in your capacity for pleasure."