

The Art of Frugal Hedonism

Post by “Kalosyni” of February 17, 2023 at 10:31 AM

I am a little late in weighing in on this, but my first reaction is "be careful". And could there be something "stoic" about being frugal -- that it leads to the elevation of a type of virtue -- and the perfection of "frugality"?

The definition of frugality on the internet:

fru·gal·i·ty

/fr̄oo'galədē/

noun

the quality of being economical with money or food; thriftiness.

"he scorned the finer things in life and valued frugality and simplicity"

synonyms: thriftiness, carefulness, scrimping and saving, conservation, good management, caution, prudence, providence, canniness, abstemiousness, abstinence, austerity, asceticism, self-discipline, restraint, moderation, puritanism, monasticism, monkishness, miserliness, meanness, parsimoniousness, niggardliness, close-fistedness, tight-fistedness, tightness, stinginess, sparingness

Note that the definition includes "asceticism" as a synonym.

I would say that it is important to think of yourself as possessing prudence as a tool for making good choices, rather than being "frugal". There aren't any hard and fast rules for a pleasurable and pleasant life, and we judge each situation uniquely according to our given resources.

Looked up the definition of "prudence":

pru·dence

/'pr̄oodns/

noun

the quality of being prudent; cautiousness.

"we need to exercise prudence in such important matters"

synonyms: wisdom, judgment, good judgment, judiciousness, sagacity, shrewdness, advisability, common sense, sense, caution, cautiousness, care, carefulness, canniness, chariness, wariness, circumspection, far-sightedness, foresight, forethought, discretion, thrift, thriftiness, providence, good management, careful budgeting, economy, frugality, abstemiousness, forehandedness, sparingness

LOL...frugality is a synonym 😄