

# Living off the land

**Post by “HsiehKW” of July 26, 2023 at 10:00 AM**

Thanks [Don](#)! I'll be careful next time. I didn't mean that in a negative way at all. Should have put them in scare quotes. I'm also experimenting in that way, trying to follow his footsteps in that regard. Doing IF every day, multi-day fasting from time to time, and trying to eat simpler -- from epicurean to Epicurean. This is where I am at in my journey. A four-day fast was my record back in college but now the most recent longest multi-day one I did was three. Now, I want to live frugally and hopefully partially live off the land. Good thing you brought up that point about how he was doing it to see whether he can if he *had* to, that is lost on me. That's a great way to anchor this experiment. And it will come in handy. So, thanks! Hopefully, I'll make it a lifestyle.