

Daily Practices

Post by “Hiram” of March 30, 2019 at 10:55 AM

I have a chapter in my book on "hedonic regimen", which includes foods and practices tied to studies that I came across related to the science of happiness.

The celebration of the Twentieth with close friends should also be a tradition that we try to revitalize and create cultural and culinary practices around, well beyond cheese and bread and water. Perhaps we should find sympathetic vendors who manufacture customized "Happy Twentieth" candles and decorations. If anyone knows of them, please let me know.

Then there's the problem of self-sufficiency, which should inspire in us long term existential and autarchy projects: starting side hustles or side businesses, financial planning, minding and managing one's business--this is not separate from the practice of philosophy and we should learn to make our productivity a source of pleasure. We are supposed to have (and, presumably, support--if we are really led by "mutual advantage" principles) **Epicurean businesses**.

Quote

At one and the same time we must philosophize, laugh, and manage our household and other business, while never ceasing to proclaim the words of true philosophy. - [Vatican Saying](#) 41