

# A "Bread and Water" Question

**Post by "Don" of September 1, 2024 at 10:06 AM**

Thanks, [Joshua](#) . I'd also include p.73 in that.

I continue to stand by my insistence that "bread and water" referred not to ascetism but to ordinary, everyday experience. Take pleasure in the quotidian. When luxury is available, take pleasure in that, too. Emily Austin gets it right, in my opinion.