

A Draft Epicurean Pleasure Maximization Worksheet

Post by “godek” of July 12, 2019 at 10:52 AM

I don't think it really matters if it is subjective or not it does make us think and feel differently when we write it down on paper according to research by David d. Burns M.D. Like when you feel depressed you can write down all the good things that happen that day because we have a tendency to ignore the positive. If I am interpreting subjective correctly in your posts on the other post.