

Continuous Life Improvement

Post by “Martin” of October 5, 2019 at 12:30 AM

"7. ... Use discipline to say no to unnecessary desires. Consciously reduce one's thoughts about unnecessary desires.":

From the context of the surrounding text, I guess you mean unnecessary desires which are not worth the prior or subsequent pain when fulfilled.

With the necessary desires being easy to fulfill for me, I spend most of my effort on unnecessary desires which I expect to bring me the most pleasure (including permanent pleasure from memories of great experiences) for the least pain.

An alternative approach which is often taken by Epicureans is to define necessary or natural desires so widely that those which are left out are only those we should not pursue.

I prefer a much more narrow definition because it helps me in prioritizing in difficult times by focusing on the necessary. When the crisis is resolved, I can expand my effort again on the unnecessary ones which bring great pleasure.