

# Continuous Life Improvement

Post by "Garden Dweller" of October 6, 2019 at 12:01 PM

## [Quote from Martin](#)

"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.

Yes, on original writing, the focus in that paragraph is in part on desires such as those which come from advertising, consumerism or media lifestyle marketing. These desires are not really beneficial or pleasing other than in initial acquisition and over the long term they don't provide enough pleasure for the cost of money, time, or mental energy expended on them. Perhaps these desires are better described as false promises rather than unnecessary.

There may be other desires that one has created in one's own mind that have promise but for which resources (time, money, energy) are lacking, or for which other desires rank higher on the priority list. These desires may be better described as deferred or delayed, with the meaning that they would be nice if one could afford them, but given limited resources, other things have priority. These desires are not "unnecessary", they are just too expensive for now.

And there are desires which fail the hedonistic calculus test, for example, I would rather not work in employment for several months more to pay

the additional cost of a luxury car, so a standard model fills the need at a lower cost to my free time.