

# Practical Daily Pleasure-- Creating Pleasurable Habits

**Post by "Godfrey" of November 6, 2019 at 12:30 AM**

Wynnho, your post sounds very ascetic to me. This is a value judgement on my part: what you describe may be pleasurable to you, and that is the most important thing.

The reason I mention ascetic is that many academics interpret Epicurean philosophy as being ascetic or something approaching it. But here the general feeling is that that interpretation is a gross misrepresentation of the philosophy. Elayne wrote a piece on pleasure that's posted elsewhere on this forum (I think under Articles, I'll try to find it and copy the link in this thread) which I think is a good summation of Epicurean pleasure as many of us view it.

I personally enjoy minimalism as both a lifestyle choice and a design expression, although I tend more toward Alvar Aalto than Mies van der Rohe. While Bang and Olufson has a sense of perfection, traditional Japanese design has a richness to it. And the richness, to me, is where the pleasure lies.

It sounds like you've got some great systems in place which bring you pleasure and contentment. It also sounds like you're looking to bring more joy into your life. In my life I have tended to err on the side of duty (for lack of a better word at the moment) at the expense of pleasure, and discovering this philosophy has been a godsend (pardon the expression) in terms of putting me on a better path. One of the first things that I put into practice was a hedonic calculus: in any given circumstance, project, etc., how can I get the most pleasure without causing myself a bunch of stress?

As I read your post I kept thinking of the book Joyful by Ingrid Fetell Lee. It contains a plethora of tips for bringing joy into your life. She also has a blog, I think it's called The Aesthetics of Joy. To my knowledge she's not an Epicurean, but then Epicureans don't have exclusive access to pleasure!

Also worthwhile is Hiram Crespo's book Tending the Epicurean Garden. He includes lots of ideas for a hedonic regimen which you might find useful.