

Practical Daily Pleasure-- Creating Pleasurable Habits

Post by "Cassius" of November 6, 2019 at 5:02 AM

Unfortunately some people are not going to like the initial advice, the foundations of which are things like *giving up false ideas of life after death, giving up false religion, giving up false ideals of "virtue," giving up their affection for thinking of themselves as "rational above all," giving up toxic relationships that they think they have a duty to continue, and fully embracing that pleasure is the goal of life.*

All of these will often be painful initially, even though they are the most productive of pleasure both over time and in "intensity."