

# **Practical Daily Pleasure-- Creating Pleasurable Habits**

**Post by “Garden Dweller” of November 6, 2019 at 7:16 PM**

Strategies which minimize maintenance are very helpful. So much of our time is spent on maintenance, storage and employment to pay for our collection of things. For most people in today's world, a process of simplification and reduction in one's accumulation of things is very healthy in the sense that it frees up time for more pleasurable activities.

After working on simplification for some time (decades), I did find that in some areas of life I had bottomed out, and was practicing simplification only because it had worked before. I had to change my strategy and focus on the activities I enjoyed doing, and in some cases started purchasing things that I previously sold at a garage sale (for example).

Most people would benefit from simplification of their lives. However, someone who has successfully made their life more tranquil through simplification may need to redirect their efforts to maximize joy-comfort-fascination-pleasure.