

Continuous Life Improvement

Post by “Garden Dweller” of November 8, 2019 at 7:08 PM

I intend to edit the following sections and welcome comment:

[Quote from Garden Dweller](#)

16. Preserve the Health of your Body

Your level of happiness over the long term depends on how you treat your body. Neglect and abuse can bring pain. Eat healthy foods, exercise and use your body to maintain your fitness level. Use appropriate hygiene and preventative medical care. Avoid alcohol and drugs in excess. Exercise is an example of a short term discomfort that has long term benefits. Strive to achieve a healthy mind in a healthy body.

This section will be replaced with:

16. Preserve the Health of Your Body

Your level of happiness over the long term depends on how you treat your body. Neglect and abuse can bring pain. Eat healthy foods, exercise and use your body to maintain your fitness level. Use appropriate hygiene and preventative medical care. Exercise is an example of a short term discomfort that has long term benefits. Strive to achieve a healthy mind in a healthy body.

Our senses are the most direct and true connection with the natural world, far more direct than our understanding and learning about the natural world that we receive through communication with others. One should carefully guard against anything that would disturb, modify or distort one's senses and sensory observation of the natural world. One should moderate the use of intoxicants which distort one's perception of the world. Avoid alcohol and drugs in excess.