

Continuous Life Improvement

Post by “Elayne” of November 11, 2019 at 1:47 PM

Garden Dweller, for me mental pleasure would include things like remembering past pleasures, planning future pleasures, learning something new, spending time with friends, reading... I do not go looking for mental pain, but if it shows up, I would check to see if I had slipped into any sort of idealistic thinking or false beliefs that cause fears. And counter that with reality!