

# Practical Daily Pleasure-- Creating Pleasurable Habits

**Post by "Joshua" of November 11, 2019 at 11:05 PM**

This thread turned out to be quite a lot of fun!

Two years ago I was working 12+ hours a day in two different restaurants. Now I spend 8-10 hours a day on the road, listen to books or podcasts, pay nothing in rent, and live well within my means (for the first time since college). So while I sometimes miss the little comforts of a settled life, I have a MUCH healthier mind-space day to day.

Today I listened to *A Walk in the Woods* by Bill Bryson, for the 5th or sixth time. Elayne, you should look into it before your spring hiking!