

# How epicureanism has been helping me deal with overindulgence

**Post by "brett" of January 24, 2018 at 11:54 PM**

hi all,

My job takes me coast to coast USA on a regular basis. I am constantly being asked to client and company dinners while out on assignment.

In the past, I've struggled with overindulging in alcohol. So much so, that I've dealt with a seeming never-ending cycle of overindulgence, guilt, promise to stop altogether, overindulgence, guilt...etc.

Over the last few months, I've pondered how to handle this with my newfound Epicurean mindset. Tonight, after a particularly rowdy client/company dinner and cocktail hour here in New Orleans (a fabulous city to overindulge), I walked back to my hotel with a peer of mine who was also done drinking for the evening.

It dawned on me that the last few dinners/nights out, I have stopped prior to getting to the point of 'no return'. Each time, I was offered another drink and took a moment to ask myself "at this point in my evening, will having another adult beverage lead to a little longer pleasant feeling or will it result in feeling like crap in the morning and diminish my capacity to be alert and rested the next day?" That little self-talk stopped me again from having another drink.

for me the test of a philosophy is whether it helps in real-life to bring peace and harmony. The realization that Epicurus is helping me to improve my daily life is a test to it's efficacy...one which it has passed with flying colors.

Thanks,

Brett