

How epicureanism has been helping me deal with overindulgence

Post by "EricR" of January 25, 2018 at 5:39 AM

Thanks so much for posting this personal story, Brett. While I deeply appreciate the huge pitcher knowledge that is available here and I drink from it regularly, it is the lived experience of a philosophy that interests me the most. It is the affect of internalizing a set of ideas on one's outlook and, as in your case, choices.

Kudos to you for having the presence of mind in the midst of imbibing to see into the immediate future and make the choice to place future pleasure over the present. Alcohol is notorious for obscuring the ability to do that. You also did it in a party atmosphere. Well done!

I will add that repeatedly doing this will create what I am calling "the habit of long-term pleasure". By this I mean each time one makes the choice to forego the momentary pleasure for the longer lasting, one gets better at doing this. For example, I enjoy a glass of wine before dinner. But I know from experience that having more than that will make me too lethargic and apathetic to enjoy dinner. So I don't have more than the 1 glass and have no desire for more.

By the way, I like your new profile picture of you being thoughtful. But I miss the one of the guy looking joyful, bordering on insane! 😄