

How epicureanism has been helping me deal with overindulgence

Post by “brett” of January 25, 2018 at 7:08 AM

Thank you both. It's very encouraging to start to see these principles working themselves out in daily life.

As a bonus, I woke up this morning and have the added pleasure of not being groggy, foggy headed , etc. the decision to maximize my long-term pleasure most certainly, from this side of the decision, was justified. Instead of 1-2 more enjoyable martinis I can function...:-)

Thanks for letting me share.

(I shall most definitely return to my previous pic...it's one of my favorites...I feared it made me look a little too outlandish...I see it did not...:-))