

Is [X] a waste of time?

Post by “Joshua” of September 30, 2020 at 9:17 PM

And the more immediate reason for me posting this thread was [this article](#).

For an Epicurean, the question must obviously involve individual hedonic calculus. But I'm curious to know how others handle it. Do you structure your leisure time? Does binge-watching a television show, for example, leave you feeling guilty?

What does your ideal day look like? Your ideal retirement?