

https://en.wikisource.org/wiki/Of_Peace_of_Mind

I.4 What this state of weakness really is, when the mind halts between two opinions without any strong inclination towards either good or evil, I shall be better able to show you piecemeal than all at once. I will tell you what befalls me, you must find out the name of the disease.

I.5 I have to confess the greatest possible love of thrift: I do not care for a bed with gorgeous hangings, nor for clothes brought out of a chest, or pressed under weights and made glossy by frequent manglings, but for common and cheap ones, that require no care either to keep them or to put them on.

(...)

VII.3 Yet nothing delights the mind so much as faithful and pleasant friendship: what a blessing it is when there is one whose breast is ready to receive all your secrets with safety, whose knowledge of your actions you fear less than your own conscience, whose conversation removes your anxieties, whose advice assists your plans, whose cheerfulness dispels your gloom, whose very sight delights you! We should choose for our friends men who are, as far as possible, free from strong desires: for vices are contagious, and pass from a man to his neighbour, and injure those who touch them.