

NPR Fresh Air: Dr. Anna Lembke on pleasure, pain, and addiction

Post by “Don” of August 27, 2021 at 4:26 PM

[Quote from Cassius](#)

What is the definition you're working with for 'homeostasis'?

Basically, the body's systems in equilibrium.

If I remember correctly, a common Epicurean theme is sailing calm waters and safe harbors. Ataraxia itself has an "untroubled waters" connotation.