

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

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In looking (briefly) at some of the translations of *katastematic*, it seems to me that *balanced* or *steady* would be a better definition than "static." It comes from *καθιστημι* according to LSJ with connotations like *restore*, *return*, *set in order*, etc. So it's not a static state, it's a return to order (*ataraxia* and *aponia*) after the "excitement" of *euphrosyne* and *khara*.