

# Another Article Insisting On The Importance of the Kinetic / Katestematic Distinction, Despite Citing Nikolsky

Post by “Godfrey” of July 10, 2022 at 12:48 AM

It sounds like Seneca is describing aponia and ataraxia. But that's a good quote; I'm certainly curious what list he might be referring to!

## [Quote from Kalosyni](#)

There is just this very open way of referring to different desires, and as I think about it then it would only make sense if Epicurus had clearly defined all of these categories.

I've always understood Epicurus' descriptions of the types of desires as all that's required. I agree with [Cassius](#) that these are principles which provide guidance in making decisions. We can use them now, in a society much different from that of Epicurus, whereas a specific list from ancient Greece could be open to misinterpretation. For example, from some of [Don](#)'s posts it sounds like the typical Athenian diet may have been much different from what we eat today. So for us it would be unnecessary and possibly bothersome to try to mimic the ancient diet when we have modern standards as to what is healthy and easily obtained.