

# Episode One Hundred Forty-One - Proclaiming Epicurus To The World: Diogenes of Oinoanda (Part One)

Post by "Don" of September 26, 2022 at 9:28 PM

[Quote from Kalosyni](#)

the whole "tranquility problem"

See, I don't see this as a problem at all. I'm more and more thinking ataraxia is more akin to mindfulness as an adequate translation than "tranquility." Tranquility conjures up mystical mind states (not that mindfulness doesn't nowadays, but bear with me), but mindfulness is a way of interacting with daily life.