

# Confidence in Katastematic Pleasure

Post by “Kalosyni” of February 12, 2023 at 6:11 PM

[Quote from Don](#)

Hence, since such a course is of service to all who take up natural science, I, who devote to the subject my continuous energy and reap the calm enjoyment of a life like this" ~ Epicurus,

So sounds like "calmness" coming through the practice of studying natural science?