

# Is gratitude a katastematic or kinetic pleasure?

Post by "Titus" of October 25, 2023 at 4:47 PM

## [Quote from Don](#)

The kinetic/katastematic distinction, from my perspective, was most helpful in distinguishing the Epicurus's school from the Cyrenaics. It established the Garden as embracing ALL pleasure as the good, not just the kinetic of the Cyrenaics.

This sounds very sound to me. The thing to be careful about is, not to go in the opposite direction and even begin to embrace katastematic for the sake of reaching a "nirvana-like state of ataraxia".