

Is All "Ataraxia" Equal?

Post by "Don" of November 19, 2023 at 12:09 PM

[Quote from Cassius](#)

"Pursue first and foremost those pleasures which are easiest to access" and that would be fairly interpretable, standing alone, as "live in a cave on bread and water."

Regardless of the possible bread and water interpretation, I think this **is** what Epicurus taught. Know - at a gut level - what you absolutely need to live a self-sufficient, pleasurable life of well-being. Then you **know** if everything else was tragically taken from you, IF all other sources of (kinetic) pleasure were removed from you, you would still be able to lead a life of pleasure without pain on that. BUT he also taught to ENJOY the varieties of pleasure available to us here and now.