

Is All "Ataraxia" Equal?

Post by "Pacatus" of November 19, 2023 at 1:40 PM

[Don](#) :

So you are suggesting that my choices are always determined -- not by simple preference in the moment (an economist would say "at the margin"), but by unconscious elements? That seems both unnecessarily speculative and close to determinism, even if the determining causes are ones we are not (and perhaps cannot) be aware of.

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I also want to add:

At some point, too much variety can cause anxiety over choice ("OMG, which among these thousands of toothpastes do I choose?!"), but to have some variety seems preferable to me -- and on what basis could it be preferable other than it enhances pleasure? (Re the above: unless my preferences are determined.) Just as spice enhances the flavor of food -- even if plain bread and water will assuage my pain. ("Variety is the spice of life.") And sometimes pondering and choosing itself can be pleasurable.

The whole thing might hinge (just thinking "out loud") on necessary versus unnecessary desires?