

# Is All "Ataraxia" Equal?

Post by "Godfrey" of November 20, 2023 at 12:31 AM

[Quote from Don](#)

And we know that we have to undergo some pain (ex., exercise) for future pleasure (ex., better health, longer life hopefully). I have no problem with that scenario.

That's specifically what I was referring to. It sounds like we're in agreement; I got thrown off by "simply" 👍