

# **Discussion on Ataraxia: freedom from anxiety....What is it?...How can we attain it in a world mad with chaos and conflict?**

**Post by “Raphael Raul” of December 1, 2023 at 11:14 AM**

Discussion on Ataraxia: freedom from anxiety.

...What is it?...How can we attain it in a world mad with chaos and conflict?

In a society filled with a barrage of messages through all sorts of media communicating all the world's strife,

conflicts and wars, how can we let go of this relentless confusion and find peace of mind and tranquility?