

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

**Post by “Kalosyni” of December 4, 2023 at 8:54 AM**

This thread reminds me that we need a list of Epicurean "remedies" for anxiety and fear. (I may have started that already somewhere 🤔 ). And then we need corresponding sections of text to accompany each.