

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

**Post by “Cassius” of December 4, 2023 at 9:23 AM**

[Quote from Kalosyni](#)

..this is a deep and long practice, that takes time

The kind of thing to have a list to remind yourself daily to think about.