

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

**Post by “andkankan” of February 22, 2024 at 9:34 AM**

Finding Ataraxia in today's chaos is tough, right? I've found some solace through personal practices like mindfulness and, surprisingly, exploring [medical cannabis](#) under proper guidance. It's about finding what works for you. For me, it's been a journey of trial and error, but the relief it brings is undeniable.