

Welcome Max Duboff

Post by "Don" of July 3, 2026 at 12:29 PM

[Quote from Cassius](#)

what exactly does "tranquility" mean and what does it entail?

Epicurus, Letter to Herodotus (DL 10.82; Hicks via Perseus): [82] But mental tranquillity (ataraxia) means being released from all these troubles and cherishing a continual remembrance of the highest and most important truths.

[82] ἡ δὲ ἀταραξία τὸ τούτων πάντων ἀπολεύσθαι καὶ συνεχῆ μνήμην ἔχειν τῶν ὅλων καὶ κυριωτάτων.