

# Welcome Max Duboff

Post by "Max DuBoff" of July 5, 2026 at 2:40 PM

## [Quote from Cassius](#)

Another direct question that would be helpful to answer:

Just as we question as to "flourishing," what exactly does "tranquility" mean and what does it entail?

In short, what Max do you think at that a person is doing while they are tranquil?

Also, do you agree with a statement Don in an earlier post that he believes tranquility is specifically defined in terms of a lack of fear of gods and of death?

What specific improvement or advancement in a person's life arises from holding "tranquility" to be the goal rather than the ordinary calculus of evaluating pleasures vs pains?

Here's what the goal means: actively enjoying the absence of pain (that's good in and of itself), and enjoying a variety of other pleasures painlessly. Epicurus thinks that anyone who enjoys tranquility will also be enjoying a variety of other pleasures. But the thing is, if you take the other pleasures to be primary, you might lose out on tranquility, but other pleasures don't mean so much without tranquility (because the other pleasures are likely to bring pain along with them--those pleasures won't be stable).

No, tranquility must be the absence of all fears.\* Epicurus identified fear of the gods and of death as particularly common fears, so he devoted a lot of attention to them. But there are plenty of other fears.

\*I've been struggling recently with fear of future pain. As KD 4 notes, fatal pain will be short; but it'll be bad when it happens, so it seems like the sage should justifiably fear it in the meantime, thus disturbing the sage's tranquility.