

Welcome Max Duboff

Post by “Max DuBoff” of July 5, 2026 at 3:31 PM

[Quote from Cassius](#)

[Quote from Kalosyni](#)

By contrast, ataraxia is a highly active, unshakeable state of mental resilience.

I agree with your contention, but I also think this is exactly what is in dispute. Neither of these terms have readily-understandable meanings in English beyond "calmness" at best.

Definitely appreciate your points a lot, Kalosyni, and I think a lot of what you're saying is just about what connotations there are in English. But Cassius is right: we need to have specialized understandings of words in mind when we're approaching Epicurus (not that they're unrelated to the plain meanings of words--they're not--but the plain meanings don't exhaust what they mean to Epicurus; and he does this quite clearly in Men. 131).