

# Differences between Epicureanism and Cyrenaicism

**Post by “Don” of November 4, 2021 at 8:04 PM**

In my study, I'm coming to the conclusion that [katastematic](#) pleasure refers to deriving pleasure from a stable (albeit temporary) state or condition while [kinetic](#) pleasure has to do with deriving pleasure from an action. To me, this makes sense if ataraxia is a katastematic pleasure. Tranquility is a stable state of being. Eating, drinking etc are kinetic pleasure.

This is all in flux, but I'm exploring this as an avenue of research in authoritative sources.

PS: My understanding is that the Cyrenaics only recognized "kinetic" pleasures. Epicurus recognized all sources of pleasure.