

Why Tranquility Should Not Be the Main Goal for an Epicurean

Post by “Kalosyni” of November 29, 2021 at 11:45 PM

Tranquility is itself a pleasure. It is not a character trait as the Stoics would hold, but rather a state of being free from troubles and anxiety. It is the state of being free from unfulfilled desires and fear of pain or memories of pain. One can feel untroubled by unfulfilled desires by realizing that the things that are most needed are simple to fulfill. Fears are dispelled by realizing that most fears are unfounded. Pains that cannot be overcome will not last long when severe, and when mild one can yet enjoy pleasures. These ideas are reframed in my own words from the jstor article.