

# Why Tranquility Should Not Be the Main Goal for an Epicurean

Post by "Cassius" of December 1, 2021 at 4:31 AM

I agree with this fundamental point too:

pleasures," pleasant states as opposed to pleasant processes or events. Tranquillity was, according to him, the pleasant state of the mind, corresponding to the state of *aponia*, absence of pain, in the body; and Epicurus argued that happiness will consist in both tranquillity and *aponia*. Thus tranquillity, for Epicurus, is the state of mind of the happy person, a part of happiness, but not happiness itself.