

Article by Voorhoeve: Epicurus on Pleasure, A Complete Life, and Death: A Defense

Second, as [Gisela Striker \(1993, pp. 16–17\)](#) points out, in the tranquil state, because one feels secure and is untroubled, one can immerse oneself in one's experiences and wholly engage with one's activities. Now, for an Epicurean, these activities will involve seeking (almost always successfully) to satisfy one's natural desires for food, company, engagement with beauty, philosophy, and so on. As a consequence, one's experiences and activities will be enjoyable: eating a piece of cheese, a conversation with a friend, the sight of a beautiful sky, and thinking through a philosophical argument will each bring unmitigated pleasure, because one can become engrossed in them without fear, anxiety, or the distractions generated by one's unmet needs or a sense of frustration. This observation of Striker's is important. Famously, Epicurus distinguished so-called *katastematic* (or

By all means, sir Tranquillist! Let's shut down this online forum, forget looking for Epicurean friends, forget taking action to secure our lives and our friends lives, and let's just go "eat a piece of cheese," "have a conversation with a friend," and "look at a beautiful sky." And if we do bother ourselves with philosophical (or related religious) issues, let's just "think them through" without caring whether we help our friends or anyone else who might be caught up in anxiety and distress because of those issues.