

# Another Article Insisting On The Importance of the Kinetic / Katestematic Distinction, Despite Citing Nikolsky

Post by “Kalosyni” of July 9, 2022 at 7:36 PM

Maybe there was a list, but it has been lost? [Don](#) quoted this in another [thread](#):

Quote

Seneca, Letter 66: For the absolute good of man’s nature is satisfied with peace in the body and peace in the soul. I can show you at this moment in the writings of Epicurus a graded list of goods just like that of our own school. For there are some things, he declares, which he prefers should fall to his lot, such as bodily rest free from all inconvenience, and relaxation of the soul as it takes delight in the contemplation of its own goods.