

# Another mainstream article claiming ataraxia is the goal

Post by "Cassius" of September 23, 2022 at 8:28 AM

Right - I agree with both of these comments:

## [Quote from Don](#)

I maintain that cultivating tranquility is an important component of an Epicurean life, an Epicurean practice, but that is not at the expense of that "which the sensual enjoyment is attended by a kind of agreeableness." It's both

## [Quote from reneliza](#)

If anything, it sounds like this might be one of us trying to blend in with the modern landscape of Epicureans by pointing to ataraxia as the goal, but then saying that doesn't actually mean you eschew all sensual pleasure.

Both of which are stated very differently, and would be understood very differently by most people, from the following promoted to the world by OKeefe and many other writers as the way to understand Epicurus:

## Quote from OKeefe

"Given this pair of distinctions, the Epicureans maintain that the main constituent of the pleasant life, and hence, of the happy life, is the static mental pleasure of ataraxia, or tranquility—the state of being free from mental disturbance."