

Another mainstream article claiming ataraxia is the goal

Post by "Don" of September 23, 2022 at 9:56 AM

Quote

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."

I wouldn't call ataraxia the "main constituent" but I may go so far as to call it a necessary condition but not a sufficient one.