

Another mainstream article claiming ataraxia is the goal

Post by “reneliza” of September 23, 2022 at 10:35 AM

[Quote from Don](#)

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.

I would even agree that it's the "main constituent" - but I wouldn't phrase it that way because I don't think it's very helpful to do so.

Like if you have a glass filled to the very top with water, containing no air, (sticking with this metaphor haha) the "main constituent" is actually the empty space between the subatomic particles (okay this is an overly simplified and outdated understanding of atoms, but it's the only metaphor I've got!)

But speaking about it in those terms, as if the empty space matters more than the protons, neutrons, and electrons - as if the particles themselves are almost entirely irrelevant - is in no way useful for actually discussing the glass of water in front of us. Without the particles, it wouldn't be a glass of water at all. (But note - the same would be true without the empty space - BOTH are needed. The void takes up more volume but it is not more important)

Now I just need to come up with a different metaphor that isn't scientifically inaccurate