

# **Another mainstream article claiming ataraxia is the goal**

**Post by “reneliza” of September 23, 2022 at 11:45 AM**

I'm coming more and more to think that there can't be a one size fits all approach. The Christians who think pleasure is immoral need a different approach from the stoics/buddhists/minimalists who are afraid of pleasure disturbing their peace of mind, and they both need a drastically different approach from the people on the hedonic treadmill chasing greater and greater highs.