

# Another mainstream article claiming ataraxia is the goal

Post by “waterholic” of September 23, 2022 at 12:18 PM

Quote

-- Is there a physiological need in some people to seek out more "tranquility" because they are very sensitive to stimulus and easily disturbed by sensations of sounds.

I think the key word here is physiological, as raised by [Don](#). Whatever daily recipes could have been available in the Epicurean times, they are lost and even if they weren't, I doubt that much of it would be useful nowadays. I am curious if there have been attempts to construct a modern Epicurean "guide book" based on modern physiological and sociological studies, A/B testing (randomised controlled trials) and other modern methodologies?

One additional point of concern: going down the rabbit hole of relativism can seriously damage the outcome. Bottom line: there is no way to fear gods and be Epicurean at the same time (as in, fearing gods is one's way of removing other anxieties).