

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

**Post by “reneliza” of September 23, 2022 at 5:16 PM**

To clarify, I don't mean that Epicureanism isn't a one size fits all philosophy (although it may not be, I think it has vast utility for the vast majority) but that the way to approach different kinds of people about the philosophy depends on their own background.

I never needed to be told that pleasure is good. That was obvious to me. I needed to be told that just having calm undisturbed peace of mind was ALSO good. And I definitely define it the same as Don does. Having this kind of mindset actually helps me get more pleasure from my active pleasures because I'm not constantly looking to the next one. So it's not only for moments of meditation in my dark cave (although I do like me a dark cave lol)

Edit: essentially, I needed it explained to me how to make pleasure continuous, and Epicurus did that.