

# Another mainstream article claiming ataraxia is the goal

Post by “Kalosyni” of September 23, 2022 at 8:08 PM

## [Quote from Don](#)

when I use tranquility or ataraxia.

I don't mean some mystical state or some "special" state or some woo-woo state.

I do mean simply a clear-headed, calm mind unruffled by anxiety or fear.

A person can have that state if they are relaxing, if they are engaged in action, even if they're on the battlefield. It means someone isn't freaking out. It means they approach decisions clearly, decisively, with no equivocation or regret.

Does that state arise naturally? Yes.

Does it take practice to achieve and maintain that state? Absolutely.

Is it better to have that state as a foundation from which to confront the "slings and arrows" of daily life than other states? Yes indeed, in my opinion.

In the end, I don't think one can truly be happy, be filled with well-being, or experience satisfaction unless you're working towards having that calm baseline to work from.

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So then this "working towards having a calm baseline" would require therapeutics?

And if so, then we need to list all of them -- sourced from PD's, Vatican Sayings, Letter to Menoecus, Diogenes Laertius wise man sayings, and Cicero's Torquatus -- so we see what specifically leads to this calm baseline.