

# Another mainstream article claiming ataraxia is the goal

**Post by “Don” of September 25, 2022 at 2:10 PM**

At the risk of repeating myself, I'm coming to think of katastematic pleasure as generated within myself. As Epicurus does, I include ataraxia and aponia in that category. Kinetic pleasures I'm coming to think of as being generated from taking part in an activity like dancing, sex, eating, relaxing, etc.

Granted, I need texts to back up my intuition but that's where I'm headed.

So to connect this to [Pacatus](#) post above, I'd agree that fear is manifest or felt in the body and mind; however, I'd say it originates in the mind since it can be demonstrated that two people can have very different reactions to the same stimuli. Removal of that fear then leads to ataraxia in the mind.