

# Another mainstream article claiming ataraxia is the goal

Post by “Kalosyni” of September 26, 2022 at 9:12 PM

## [Quote from Pacatus](#)

“For ataraxia, ultimately and simply, is a physical undisturbedness.” [That is, not simply a mental state.]

Well now, this got me thinking about when the startle reflex is activated -- heart-rate, blood pumping, adrenaline all amped up and that is the "fight or flight response".

## [Quote from Don](#)

"Metrodorus, in his book On the Source of Happiness in Ourselves being greater than that which arises from Objects, says: 'What else is the good of the soul but the sound state of the flesh, and the sure hope of its continuance?'"

And also, this brings up the firm belief that an Epicurean would not choose to be employed in any kind of high-risk/high-adrenaline enterprises -- or anything which disturbs the physical body or threatens its continuance.