

Another mainstream article claiming ataraxia is the goal

Post by "Don" of September 26, 2022 at 9:25 PM

[Quote from Pacatus](#)

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

https://www.academia.edu/34402398/What_...card=view-paper (p. 458)

In taking another look at that quote, I would call "a physical undisturbedness" aponia instead of ataraxia.