

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

**Post by “Godfrey” of September 27, 2022 at 5:41 PM**

Off the top of my head, might aponia and ataraxia relate to pain and suffering? Where pain has a physical cause and suffering is a mental reaction to said cause? Both pain and suffering are reactions, or pathe as I understand what [Don](#) has often said. I'm just putting this out as an initial response: I'm not at all sure that this is on the right track.