

# Is pleasure as the natural goal of life falsifiable?

Post by "Don" of February 10, 2023 at 11:02 PM

In the spirit of "not being done" and to not further hijack this thread (Sorry, @waterholic !), I have created a new thread for the discussion of whether we can be more confident in katastematic pleasure rather than kinetic pleasure...

Thread

## [Confidence in Katastematic Pleasure](#)

This thread grows out of another thread, specifically [my "soapboxing" posts that were a response to @A Gardner and @Cassius where I "took a stand for ataraxia."](#)

For those who don't want too much review, my primary contentions were:

1. Epicurus advocates strengthening a quiet, calm, anxiety-free mind.
2. Equanimity/tranquility/ataraxia is available at all times, even under duress and trying circumstances.
3. IF we can cultivate ataraxia, we have a much better chance of making a good choice to remove,

...



Don

February 10, 2023 at 11:00 PM