

# New Review of Emily Austin's "Living For Pleasure" - This Time By An Objectivist

Post by "Don" of June 4, 2023 at 8:45 AM

## [Quote from Cassius](#)

But for me, this problem is overcome by arguments stated at length by Boris [Nikolsky](#) and Gosling and Taylor, who allege that this widely held premise is not correct, and that Epicurus did not hold katastematic as higher than kinetic, or place "tranquility" at the center of his philosophy rather than pleasure, as is attributed to him.

Agreed about not elaborating on this thread; but, for the record: I have come to the understanding that Epicurus and his school taught that we can be more confident in having access to katastematic pleasure like ataraxia that arise from our minds than we can kinetic pleasures that arise from external circumstances and activities. That doesn't make them "better" just more readily available.