

# Another Exchange on Ataraxia

**Post by "Titus" of October 28, 2023 at 1:29 PM**

I am looking for a thread in which to post my definition of ataraxia, which I came to think about through a discussion on katastematic pleasure:

Speaking from my own experience, I would define ataraxia as an attribute to one's character. It's achieved through a process of learning and studying the way things are. Unlike the Stoics, it's not about indifference or accepting one's fate, but empowerment through understanding how the world works and how I can coordinate within. This underpins self-esteem and gives a feeling of freedom and relaxation. Although it's a relatively stable state, it needs nourishment, as we're living in an ever changing universe.