

# Is gratitude a katastematic or kinetic pleasure?

Post by “Don” of November 3, 2023 at 7:48 AM

And, since we've noted pleasures of mind and body don't map directly into katastematic and kinetic; Diogenes Laertius states that, too:

[Quote from Don](#)

Epicurus admits both (pleasure which is a state of rest and consists in motion).; ALSO pleasure of mind as well as of body,