

# The concept of resilience vs. ataraxia

Post by “Godfrey” of November 3, 2023 at 5:55 PM

Quote from Titus

Can you specify what you mean with Aristotelian?

I used that term to associate with duty ethics and virtue ethics, which to my extremely limited understanding are grounded to some extent in Aristotle's ethics. Probably Plato's as well. My exposure to Aristotle is limited, so I may have used that term rather loosely. I think it's fairly accurate, but my main point was to contrast duty and virtue ethics with pleasure ethics. My take is that the former are grounded in ideas that tend toward abstractions whereas the latter is grounded in physical reality and therefore provides a more effective guide to a pleasant life.