

# Is All "Ataraxia" Equal?

Post by "Don" of November 19, 2023 at 5:20 PM

## [Quote from Pacatus](#)

Does any of that change how I think of pleasurable alternatives, or variety in choice? No. But variety can be thought of (thinking "out loud" again) as simply loosening the choice constraints. And that offers more options for pleasure. (Though I still think that sometimes the activity of choosing itself -- which entails having alternatives -- can be pleasurable in itself.)

I can concur with that.