

# **Discussion on Ataraxia: freedom from anxiety....What is it?...How can we attain it in a world mad with chaos and conflict?**

**Post by “Kalosyni” of December 2, 2023 at 8:39 PM**

These [Principal Doctrines](#) touch on resilience:

[PD39](#): The person who has put together the best means for confidence about external threats is one who has become familiar with what is possible and at least not unfamiliar with what is not possible, but who has not mixed with things where even this could not be managed and who has driven away anything that is not advantageous.

[PD40](#): All those who have the power to obtain the greatest confidence from their neighbors also live with each other most enjoyably in the most steadfast trust; and experiencing the strongest fellowship they do not lament as pitiful the untimely end of those who pass away.