

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 4, 2023 at 10:26 AM

I started this list, but haven't yet added the text references:

Thread

[List of Epicurean philosophical remedies](#)

List of human life issues for which there are Epicurean philosophical remedies (there are specific [Principal Doctrines](#) and Vatican Sayings (etc) which address these issues).

There are Epicurean remedies for the following:

--anxiety that arises when realizing we are mortal and will one day die.

--anxiety that arises when we notice a drive to preserve our life for as long as possible.

--anxiety and fear that arises when we are sick and experience pain in the body (understanding the nature of pain)....



Kalosyni

November 8, 2023 at 10:52 AM