

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

**Post by “Don” of December 4, 2023 at 3:44 PM**

Thanks, [Martin](#) , for that clarification. You make some thought-provoking points.

Your post made me think of this from my musings about the characteristics:

[Epicurean Sage - The same person whether awake or asleep](#)

Hicks: and he will be like himself even when asleep. Yonge: he will be the same man asleep and awake; Mensch: He will be himself even when asleep. Mensch notes...

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