

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

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Finding Ataraxia in today's chaos is tough, right? I've found some solace through personal practices like mindfulness and, surprisingly, exploring [medical cannabis](#) under proper guidance. It's about finding what works for you. For me, it's been a journey of trial and error, but the relief it brings is undeniable.