

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

Post by “DavidN” of February 22, 2024 at 6:29 PM

But to the actual topic I agree with the general direction of the thread, that with practice we should gain some control over our own emotional state, but that extreme circumstances can and do disrupt this. However I would suggest that if you find yourself anxious about the state of the world, that unless the chaos has reached your doorstep, you take Epicurus advice and stop doom scrolling... I mean retreat from the clamor of public life. I find 99% of news feeds to be Narratives devoid of facts anyways. I generally have to be really interested in a topic if I'm going to dig around and find enough facts to piece together a coherent picture.