

# Another Tetrpharmakos Video Discussion

Post by “Godfrey” of May 9, 2024 at 8:29 PM

## [Quote from Don](#)

One can enjoy every other pleasure more if one's mind isn't troubled and one's body is in (reasonably) good working order. That's my general perspective: we need to find that state of equilibrium and good working order (katastematic) as a ground from which to enjoy the stimulative (kinetic) pleasures of life. Even the kinetic pleasure of good memories generally happens easier if we're not anxious or worried or unhealthy.

Agreed. And of course (preaching to the choir) this isn't some sort of mystical state, but confidence in one's worldview through observation and study. And managing (not eliminating!) one's desires using an understanding of the categories of desire. Not magic: philosophy.