

Welcome Max Duboff

Post by “Pacatus” of July 2, 2026 at 1:11 PM

[Quote from Cassius](#)

I would be alert to the direction that some writers seem to take that tranquility does not only not "feel great" -- but that tranquility is not a "feeling" at all. That's how "they" (not referring here to Max) argue that tranquility is not a feeling at all.

Maybe “tranquillity” (which seems to be the dominant translation of *ἀταραξία*) is a translation subject to too much distortion, often taken as an unfeeling state. I think that [Don](#) and I have both used “equanimity” – but that seems to come up against your point here as well.

Since *ταραχή* is (an unpleasant) disturbance or unease in the mind (such as anxiety), it seems to clearly fall within Epicurus’ understanding of pain – in this case, mental as opposed to physical. Though it certainly can – and perhaps most often does – present somatically as well; in fact, I would suggest that the psyche/soma connection works both ways, and that physical pain can also cause *ταραχή* – which is why that is something that Epicurus deals with (contra, at least in terms of emphasis, the Cyrenaics).

For me, “serenity” seems more of a feeling state – of which, among its synonyms, Wordhippo includes “a mildly euphoric feeling” (albeit only after a pleasurable experience, which seems to me an unnecessary limitation). Or, perhaps, just “pleasant mind” – or even “enjoyable mind.” [Though *ἀταραξία* is rendered in the negative – so maybe just “untroubled.”]

I’m sure somebody here can come up with a better solution, so I’ll end this meandering with
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