

# Welcome Max Duboff

Post by “Don” of July 4, 2026 at 9:24 AM

## [Quote from Cassius](#)

4. Would a tranquil person with no friends, no joys, no positive pleasures — just an undisturbed, empty mind — count as having achieved the blessed life in full?

By definition, someone with a tranquil mind *is* experiencing pleasure. We're also not only minds but bodies. There's no way to have "tranquility" in one's mind without a body, one is a physical sensing being to be tranquil in the first place. While I think I understand what you're getting at, #4 seems to be a little bit of a straw man. Having no friends and no other pleasure wouldn't lead to tranquility, with no friends, there's no security or support, leading to more anxiety. For my understanding of the philosophy, a primary purpose of a tranquil mind, free from anxiety and fear and worry, is to more fully experience every other choiceworthy pleasure and to make prudent decisions on what those are. [PD27](#) states that friendship is the wisdom, wise choices, leads to friendship. A wise, tranquil person is likely to have friendships.