

Welcome Max Duboff

Post by "Don" of July 8, 2026 at 10:36 PM

FWIW, here are two threads from a few years ago where the katastematic discussion was taking place:

Post

[RE: Is pleasure as the natural goal of life falsifiable?](#)

As long as we're soapboxing...

I feel I should stand up for ataraxia in the face of Cassius's withering attack...

Although it may end up that we're not as far apart as it may at first seem since that seems to end up being the case on many occasions in the past. Even so...

Starting at the beginning, let me address a couple of @A_Gardner 's points and then @Cassius 's posts.

[...]

No question. And Epicurus addresses this exact thing, especially in the letter to Menoikeus, in the lines about...



Don

February 9, 2023 at 12:03 AM

Thread

[Confidence in Katastematic Pleasure](#)

This thread grows out of another thread, specifically [my "soapboxing" posts that were a response to @A_Gardner and @Cassius where I "took a stand for ataraxia."](#)

For those who don't want too much review, my primary contentions were:

1. Epicurus advocates strengthening a quiet, calm, anxiety-free mind.
2. Equanimity/tranquility/ataraxia is available at all times, even under duress and trying circumstances.

3. IF we can cultivate ataraxia, we have a much better chance of making a good choice to remove,

...



Don

February 10, 2023 at 11:00 PM

I think I still generally agree with what I posted over there in 2023.