

# Tranquility v Pleasure

**Post by “Mike Anyayahan” of February 24, 2020 at 9:35 PM**

I'm beginning to lose my tranquility once again. 😞 If tranquility as a goal were true, another question is whether such tranquility is Buddhist tranquility which is based on minimalism or Taoist tranquility which is based on moderation. So the question would become: "Is Epicurus more Buddhist or Taoist?"

I don't know now whether Epicurus is minimalist or moderate. If none of them were true, I also couldn't imagine him to be an extreme hedonist like Aristippus. And if not any of them were true, who exactly is Epicurus then since he is not a minimalist, not a moderate, and not even an extreme hedonist? 😞