

# **Glossary - What is the Epicurean Definition of "Pleasure?"**

**Post by "Mike Anyayahan" of January 14, 2020 at 6:42 PM**

[Cassius](#) I also came across online lectures that say that the kind of pleasure Epicureans hold is ataraxia. Is there any truth in this? As far as I know ataraxia is what the Stoics are aiming. Does it mean the Epicurean meaning of tranquility is the same as that of Stoicism? It sounds odd. This makes me think that the absence of pain alone is not enough to define either pleasure or happiness.