

# The Meaning of the Greek Word "Eudaemonia"

Post by "Cassius" of December 3, 2023 at 11:08 AM

"Eudaemonia" is a key term in Epicurean philosophy. What exactly does it mean? There seems to be a consensus that it translates to "good spirit," but is this a reference to happiness, or to something else? This thread is for discussion of the meaning of "Ataraxia," including citations to reference where the term appears in Epicurean texts.

For the time being - Elli's vocabulary list -- which is excellent - but which unfortunately we cannot expect most new people to have access to:

Vocabulary of the greek words as used by Epicurus in his letter to Meneoceus.

- Ευδαιμονία [eudaemonía] = well being or happiness synonym with the word «makariótita» - a description of the goal of pleasure as a natural consequence that occurs in a person **who pursues pleasure**.
- Μακαριότητα [makariótita] = well being synonym with the word «eudaemonía» - description of the goal of pleasure as a natural consequence that occurs in a person **who pursues pleasure**.
- Αταραξία [ataraxía] = without disturbance or without anxiety - description of the goal of pleasure as a natural consequence that occurs in a person **who pursues pleasure**.
- Απονία [aponía] = without pain - description of the goal of pleasure as a natural consequence that occurs in a person **who pursues pleasure**.
- Ηδονή [hedoné] = pleasure.
- Άλγος [álgos] = pain.
- Ταραχή [taraché]=disturbance or anxiety.
- Αγαθό [agathó] = good.
- Αρχήν [archín] = the beginning, or the start.
- Τέλος [télos] = end or aim or goal.
- Αυτάρκεια [autárkeia] = self sufficiency.
- Φρόνησις [phróneses]= prudence.
- Αρετές [aretés] = virtues, **the means for the goal of pleasure**.
- Φρονίμως [phronímos] = prudently.
- Δικαίως [dikaíos] = justly or fairly.
- Καλώς [kalós] = nicely or beautifully.
- Ηδέως [hedéos] = pleasantly.
- Νηφάλιος στοχασμός [nifalios stochasmós] = sober thinking or clear thinking for doing a measurement/ calculation searching out the motives for all choice and avoidance, and banishing mere opinions, to which



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## Post by “Cassius” of December 3, 2023 at 7:14 PM

[From a prior post by Don:](#)

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ΕΥΔΑΙΜΟΝΙΑ (Eudaimonia and related terms. There are not as many variants of eudaimonia as ataraxia, but all present will be accounted for in this entry)

From εὐδαίμων (eudaímōn, “fortunate”) + -ίᾱ (-iā, “feminine abstract substantive”); eu “good/well” + daimon “in-dwelling spirit; daemon”. While δαίμων was sometimes used interchangeably with θεός (theós), when used together in a context, a δαίμων is usually a lower god than a θεός (theós).

[http://www.perseus.tufts.edu/h...4.0057:entry=eu\)daimoni/a](http://www.perseus.tufts.edu/h...4.0057:entry=eu)daimoni/a)

NOTE: This is a placeholder entry for occurrences of eudaimonia in the texts ... more to come.