

# Neither "ataraxia" nor "not ataraxia", but "Joy as the goal"

Post by "Cassius" of February 25, 2026 at 10:33 AM

[Quote from Kalosyni](#)

I would like to propose a third way..."Joy as the goal" as I think that this puts a better spin on what is meant by "pleasure" in Epicurean philosophy...and I think it also leads to greater motivation to "get off one's bum" and make effort toward a good life. I do seem to remember that there is at least one reference to joy in the extant texts, but will need to track that down.

I agree that it is important to emphasize joy, and the failure to do so is a big problem in modern Epicurean discussion.

However, from [Diogenes Laertius](#):

*And Epicurus in the work on Choice speaks as follows: 'Freedom from trouble in the mind and from pain in the body are static pleasures, but Joy and exultation are considered as active pleasures involving motion. '*

Joy falls within pleasure, not the other way around. I'd say what you are describing is one of many ways to explain that pleasure has many facets, but "joy" cannot *replace* "pleasure" as the global term. There are many types of pleasure which are also an important part of the goal but which do not fall within "joy."

[EpicureanFriends Side-By-Side Diogenes Laertius Ten](#)