

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

Post by "Cassius" of February 27, 2026 at 9:01 AM

The part you have quoted there Kalosyni will be read by some people be circular or worse. It does not specifically identify what "happiness" is apart from pleasure. Further, in equating happiness to "katastematic pleasure" in that last sentence, the part you quoted will be erroneously read by some to exclude "kinetic pleasure." That is a terrible misreading of the full picture, which is that ALL feeling that is not painful constitutes pleasure, and that a life of happiness is nothing more than a life of pleasure.

A more focused explanation of the issue of how to view the happy state in relation to pleasure can be found in Sedley's Epicurean vs Cyreniac Happiness, and through reading what Torquatus has to say about the issue in On Ends.

File

[David Sedley - Epicurean vs Cyreniac Happiness](#)

Eudaimonia, happiness, is a property of a whole life, not of some portion of it. (Link to Article at the Academia.edu website.)



Cassius

February 23, 2025 at 6:48 AM