

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

**Post by "Matteng" of May 1, 2026 at 4:19 PM**

Is/Can Aponia be part of Eudaimonia ? A challenging question, I know.

In my view Epicurus reached Eudaimonia the happy life but he had extreme pain, so no aponia, or do I miss something ?

Or is it more relative understood, so to have more aponia than pain in life ?

This desire for Aponia is understandable and natural but also a Point of attack for other philosophical schools, for example Cicero and the Stoics would say that it is impossible to get to aponia, we have no complete control to avoid always pain, especially when you get older in life.