

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

Post by "Eikadistes" of May 1, 2026 at 5:39 PM

[Quote from Matteng](#)

Is/Can Aponia be part of Eudaimonia?

Definitely!

In two places, the supreme pleasure of the gods is referred to as παντελῆ εὐδαιμονίαν (*pantelē eūdaimonían*) "complete happiness" (Laértios 10.116) and τελείαν εὐδαιμονίαν (*teleían eūdaimonían*) "perfect happiness" (*On Piety* 13), so there are equivalencies between "happiness", "pleasure", and "blessedness". "Complete happiness" (as of the gods) **does** require painlessness (*aponía*).

In the *Epistle to Menoikeús*, Epíkouros also writes that "those necessary [desires] are [instrumental] to happiness" (10.127), being the reduction of hunger, thirst, and cold.

[Quote from Matteng](#)

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

I agree. I think his reconstructed sayings, and his *Last Will* document that he was at least, generally happy when he died. "Even if the wise were tortured on a rack, they would be happy" (Laértios 10.118). It was inevitable, and, like Metródōros, he accepted it as any other natural event.

He was definitely "happy" in the general sense of neither grieving nor complaining, and he "expired undauntedly" (*On Death* 39.15), but I wouldn't say that he was enjoying "perfect happiness" or "pure pleasure" just because his mind was untroubled. *Ataraxia* is just half the formula.