

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

Post by "Don" of May 2, 2026 at 8:01 AM

[Quote from Matteng](#)

Is/Can Aponia be part of Eudaimonia ?

FWIW Here's an extensive thread on aponia's meaning:

Thread

[The Meaning of the Greek Word "Aponia"](#)

"Aponia" is a key term in Epicurean philosophy. What exactly does it mean? There seems to be a consensus that it translates to "absence of pain," but is this a reference to bodily pain, to mental pain, to both, or with other connotations? This thread is for discussion of the meaning of "Aponia," including citations to reference where the term appears in Epicurean texts.

<https://lsj.gr/wiki/%E1%BC%80%CF%80%CE%BF%CE%BD%CE%AF%CE%B1>

ή, (ἄπονος)

A [non-exertion](#), [laziness](#), [X.Cyr.2.2.25](#), Arist.Rh....



Cassius

December 3, 2023 at 11:05 AM