

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

**Post by "Matteng" of May 3, 2026 at 3:30 AM**

Good points,

I think on Philodemus and Emily Austin, that it the Epicurean Sage feels pain/fear/passions for natural/necessary desires.

In the past I thought of Epicureanism more as a realistic form of Stoicism but here is a crucial difference.

It is about avoiding unnecessary pain not avoiding the faculty of feelings.

What is the difference between mental aponia and ataraxia ?