

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

Post by "Don" of May 3, 2026 at 9:30 AM

[Quote from Kalosyni](#)

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

Singling out any one of the examples that Epicurus gives (ataraxia, aponia, khara, euphrosyne) as THE goal is problematic to different degrees.

Saying something like Pleasure is The Goal takes in the full spectrum of pleasure writ large.