

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

Post by "Eikadistes" of May 3, 2026 at 3:32 PM

[Quote from Don](#)

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

No doubt; the Hegemon does not mince words:

**[ἡΔΟΝΗΝ ΕΙΝΑΙ ΤΕΛΟΣ](#)**

"**The goal is *hēdonēn***" (10.11).

I go with "**pleasure**", here, but if there *were* another noun I'd experiment with as a substitute for "pleasure" (from [hēdoné](#)), I think I'd entertain the idea of "**sweetness**", as in, "the **sweet** life" or "living **sweetly**". It also compliments the gastronomical approach of the Epicurean school. I might also consider "**delight**" and "**delights**", but both of those import their own, cultural nuances.

We can also leave "hedone" untranslated (as we often do with "ataraxia"), but I'm not sure that this approach would be helpful for new students reading in English. I think anything besides "pleasure" (in English) is more likely to cause confusion about "the goal" than to prevent it.