

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

Post by "Don" of May 3, 2026 at 3:59 PM

## [Quote from Eikadistes](#)

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.

Nice post. The inadequacy of translation is always going to dog us, although I usually advocate for multiple words in English to try to convey some of the nuance as opposed to using Greek untranslated.

Maybe the goal *is* a sweet, pleasant life after all.

Pleasure is The Supreme Good to which all points.