

Welcome Max Duboff

Post by “Don” of July 4, 2026 at 9:36 AM

FWIW, here's a post I did on katastematic pleasure, specifically looking at aponia:

Post

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

Great thought-provoking posts, @Matteng and @wbernys . I'll address a couple points in a bit.

For me, there has to be something to the fact that aponia and aponos, in regular popular ancient usage, meant things like non-exertion, laziness; without toil or trouble, free from the necessity of labour. The adverb aponōs shows up in [Herodotus](#) as "without trouble":

[...]

I know Epicurus redefined some words to fit his philosophy, but they were all still in the semantic range of the popular usage....



Don

May 3, 2026 at 7:35 AM