

# Glossary - What is the Epicurean Definition of "Pleasure?"

Post by "Hiram" of January 15, 2020 at 10:23 AM

[Quote from Cassius](#)

So Hiram, do you contend that "ataraxia" was the goal of life for Epicurus rather than pleasure?

No. But I do contend that in the sources, nowhere is this being said. To speak of ataraxia does not constitute its replacement instead of pleasure. I contend that ataraxia is an important part of the anatomy of pleasure, as understood by the Epicureans, and that it's hard to connect theory with practice without it.