

# Episode 291 - TD21 - Epicurus Pushes Back Against "Expect The Worst And You'll Never Be Disappointed"

Post by "Cassius" of July 20, 2025 at 8:29 AM

In the episode we are recording today we are going to find Cicero attacking - and in the course of that attack giving us a great deal of good information about - Epicurus' advice on how to approach the bad things that can and sometimes do happen to us.

Quote

VS55. We must heal our misfortunes by the grateful recollection of what has been, and by the recognition that it is impossible to undo that which has been done.

Cicero's focus on this indicates to me that [#VS55](#) is extremely underappreciated in most discussions about Epicurus.