

# "Medicine" of Epicurus: Removing Fear and Finding Freedom

**Post by "Kalosyni" of May 31, 2022 at 1:43 PM**

I wonder if some kinds of modern therapy or modern psychology can end up being a kind "false medicine"? I ask this question because if the fear of death is not adequately dealt with, then anxiety persists. I discovered recently that my own sister is taking anti-depressants (and yet she is a devout Christian so her religion seems like it isn't helping).

There are many fears in modern life that we must work through, and then the question is: Does Epicurean philosophy help remove the various fears that can arise?

I think that the fear of the future turning out badly is a primary fear among many. We can't enjoy life if we have fears about the future. And now it seems that climate change is a widespread stimulus for fear. The rate of inflation is also a stimulus for fear (especially among retired folks). Fear of future food shortages -- my own family recently sending text message on the family text thread about an egg shortage.

And then also we must think about what is rational, and what is actually true (and not just a news hype). And support each other in maintaining courage to face the unknowns of the future -- so wise friendship is very important.