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

## Post by “Kalosyni” of May 31, 2022 at 4:27 PM

> Quote from Cassius
>
> I sometimes think that we (in general, in today's world) aren't nearly anxious ENOUGH! We've blinded ourselves with religious-like incantions to endure the anxiety that ought to be there even more than it is now if we fully realized that the train is indeed coming down the track we're standing on.

That "train" being death? --- Or the end of civilization?

Either religion/"new age" self-help, or unnecessary consumerism -- Yet now I realize that unpleasant feelings sometimes help motivate action. But optimistic anxiety (knowing what needs to be done and doing it) may give better results than pessimistic anxiety (giving up/hopelessness). But at what point do you decide to keep "partying" even if the "Titanic" may be sinking?

> Quote from Nate
>
> It takes the support of a trusted friend to know you well enough to offer nuanced advice.

That can sometimes be difficult, as even friends don't fully understand the situation. Or you would need to have wise friends.