

# **Did Epicurus really oversell the power of science to diminish anxiety?**

**Post by "Cassius" of February 14, 2023 at 8:44 AM**

One aspect of that which I think is important Waterholic is that Epicurean philosophy isn't magic, and you can't just repeat an incantation and automatically be healed or changed in the blink of an eye. Successful results in any procedure can't be guaranteed because the universe is not deterministic or fated, and there are no gods or mechanisms that prevent unexpected events from happening or which can necessarily overturn motions already in place. Many of the people who are shown the benefits of an approach are simply not willing, or sometimes not capable, of following it.

So when discussing whether something is "oversold" it seems to me that a lot of the issue is in the expectations of the person hearing the advice, in that they are looking for things which are not possible to deliver.