

# **Episode 284 - TD14 - In Dealing With Pain, Does Practice Make Perfect? Or Does Practice Make For A Happy Life?**

**Post by "Cassius" of May 31, 2025 at 8:06 PM**

Welcome to Episode 284 of Lucretius Today. This is a podcast dedicated to the poet Lucretius, who wrote "On The Nature of Things," the most complete presentation of Epicurean philosophy left to us from the ancient world.

**Each week we walk you through the Epicurean texts, and we discuss how Epicurean philosophy can apply to you today. If you find the Epicurean worldview attractive, we invite you to join us in the study of Epicurus at [EpicureanFriends.com](https://EpicureanFriends.com), where we discuss this and all of our podcast episodes.**

**This week we continue our series covering Cicero's "Tusculan Disputations" from an Epicurean viewpoint. This series addresses five of the greatest questions in human life (Death, Pain, Grief/Fear, Joy/Desire, and Virtue) with Cicero speaking for the majority and Epicurus the main opponent:**

**Today we continue in Part 2 - "Is Pain An Evil?," picking up with [Section XIII](#), where Cicero continues his assertion that infamy is a greater evil than any pain.**

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**Our general discussion guide for Tusculun Disputations is here:**  
<https://epicureanfriends.github.io/tusculundisput...lish/section:12>

[media]<https://www.spreaker.com/episode/66388114/media>