

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

**Post by "Cassius" of July 16, 2025 at 3:31 PM**

Welcome to Episode 291 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](http://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.**

**Today we continue in Part 3, which addresses anger, pity, envy, and other strong emotions. Today we'll continue into [Section XIV](#), where we compare Epicurus' views on dealing with grief to those of other schools.**

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