

# **Fear and/or grief concerning the death of others**

**Post by “Don” of July 27, 2025 at 4:36 PM**

Grief is a natural, human reaction to loss, and Epicurean philosophy accepts everyone will feel the sting of grief at the loss of a loved one.

The thing is not to be overwhelmed by the grief. The person who died can no longer feel anything. If they were in pain, they no longer feel pain.

The memory of the one who died is precious, and should be cherished, should bring pleasure.

Fragment 213. Sweet is the memory of a dead friend. ἡδὺ ἡ φίλου μνήμη τεθνηκότος