

# Article By Dr. Emily Austin - "Epicurus And The Politics Of The Fear Of Death"

Post by "TauPhi" of December 10, 2025 at 3:32 PM

This article conflates and equates two different concepts: the fear of death and the fear of dying. Emily Austin provides four varieties of the fear of death at the beginning of the article but only the first one is an actual fear of death. Remaining three are variations on fear of dying.

- (1) the fear of being dead;
- (2) the fear that one will die, that one's life is going to end;
- (3) the fear of premature death; and
- (4) the fear of the process of dying.

She then proceeds with her article and continuously describes fear of dying as fear of death.

I find it quite misleading because to my understanding Epicurus tried to remove (1) the fear of being dead. He never tried to remove fear of dying (2), (3), (4) because process of dying and everything connected with it belongs to the living and is painful and human beings can't switch off pain at their will. If they could, the whole Epicurean philosophy would make no sense and pain and pleasure could no longer be considered canonical. People can, however, minimise the fear of dying by the means described in the article. People can also be unafraid of being dead. These two things shouldn't be put in the same basket under 'fear of death' label.