

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

Post by "Don" of December 11, 2025 at 5:31 PM

[Quote from TauPhi](#)

perfectly fine when you understand she's talking about fear of dying and not fear of death. There are no different forms of the fear of death in Epicurus' system. Epicurus was as radical about fear of death as it's humanly possible - we can't experience death so there's nothing to be afraid of. This radical claim is crucial to his system because it slams the door shut on supernaturalism, heaven, hell, eternal punishment, reward etc., and it leaves no backdoor option to get back to such concepts.

Well said [TauPhi](#)

The fact that "dying" is a physical process where we are STILL aware and sensations have not been dissolved is of paramount importance here, dying is NOT nothing to us because we are aware, sensing, and feeling. I agree with [TauPhi](#) that conflating "fear of (ways of) dying" and "fear of death (the end result of dying)" are two very different things. We try to avoid certain ways of dying through our actions and decisions and taking care of our health. If we end up with a terminal diagnosis without recourse to therapy, medicine, surgery, etc., then we \*could/should/can\* focus on our coming death with the knowledge that "[death is nothing to us](#)." I can even see a bit/bite of grief for "leaving the stage" but, optimally, it should not overwhelm or deprive us of the pleasure left to us, rob us of pleasant memories.

I need to re-read Austin's paper and refresh my memory. I vaguely remember seeing it several years ago (I think)? Or maybe I bookmarked it in Academia.edu and didn't get back to it.