

What Would Epicurus Say To Someone Who Said To Him That The Value of Being Dead and Being Alive Are Equal?

Post by “Patrikios” of July 7, 2026 at 8:29 PM

[Quote from Cassius](#)

I'm not trying to seed this just to start conversation but I can predict who among us might have some interest in this topic so I am going to go ahead and prod:

Pacatus ? Patrikios ? DaveT ?

[Cassius](#)

I will have to agree with [DaveT](#) that I don't see the value in this topic, from an Epicurean point of view. Life is worth living, and [death is nothing to us](#). Something that is “nothing” to us has no value; therefore it can't be compared to something that has value.

This was a key topic in the article you posted on June 29 by [Max DuBoff](#) "*Death of an Egoist: An Epicurean Approach to Fatal Self-Sacrifice*".