

# Episode 304 - TD32 - Epicurus vs. The Stoics On Strong Emotions

**Post by "Cassius" of October 17, 2025 at 12:00 PM**

Welcome to Episode 304 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](https://www.epicureanfriends.com), where we discuss this and all of our podcast episodes.

This week we continue covering Cicero's "Tusculan Disputations" from an Epicurean perspective. Today we wrap up our discussion of Part 3 with [Section XXI](#) and push forward into Part 4, after which we will devote our final episodes devoted to Tusculan Disputations by examining Part 5 on whether virtue alone is sufficient for happiness.

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**Post by "Cassius" of October 25, 2025 at 10:10 AM**

Episode 304 of the Lucretius Today Podcast is now available. This week our episode is entitled: "Epicurus vs. The Stoics On Strong Emotions"

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