

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

**Post by "Cassius" of June 24, 2026 at 12:57 PM**

Stated another way, such a person might say:

1. There is nothing preferable about being alive over being dead.
2. The status of being dead and being alive are essentially equal.
3. Since we are going to be "dead" or "not alive" for a lot more time than we will be "alive," it is important for us to see being dead as not in any way less preferable than being alive.
4. Since Epicurus says that there is no harm in death to us, it should not matter to us whether we are alive or dead.

How would Epicurus react to this point of view? This is not just an off-the-wall hypothetical - I think we essentially this attitude held sometimes in the most unexpected places.

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**Post by "Don" of June 24, 2026 at 2:26 PM**

FYI

Post

**[RE: If Death Is Nothing To Us, Then Life Is Everything to Us](#)**

I have found this excerpt of a debate between Matt Dillahunty and Jordan Peterson interesting where Peterson tries to defend the premise that death is preferable to life. Cards on the table: I'm in agreement with Dillahunty here:

[youtu.be/FmH7JUeVQb8?si=WgELrAxNQVvkzEJV](https://youtu.be/FmH7JUeVQb8?si=WgELrAxNQVvkzEJV)

Skip ahead to 49:30 for the discussion of life vs death.



Don

October 7, 2023 at 1:06 PM

<https://www.epicureanfriends.com/thread/5143-what-would-epicurus-say-to-someone-who-said-to-him-that-the-value-of-being-dead/>

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**Post by “Cassius” of June 24, 2026 at 2:30 PM**

I don't recall whether I got to watch that full debate last time but I'll get to it this time. Thankfully Jordan Peterson seems to be fading away. Hopefully we can express some of the issues in this thread for those who don't watch the video or just want to grapple with this directly.