

## How (Not) to Fear Death

The Epicureans are famous for arguing that death is nothing to be feared. This conclusion was very welcome to them, as they worried that people's death fears tend to mar their lives. In this paper, I argue that, pace the Epicureans, death is a phenomenon that merits fear. Death might merit fear when we conceive of it as frustrator of our desires. It more unambiguously merits fear when we think of it as something that might have bad consequences. Finally, it appropriately causes us to feel existential dread when we take it as a reminder of our cosmic insignificance. I suggest that even if death merits fear, there are nevertheless steps we can take to ensure that the possible negative consequences of our death-related fears are kept in check.