

Dr. Lisa Feldman Barrett on The Functions of the Brain

Post by “Don” of December 15, 2020 at 9:19 PM

In this one she's talking about being aware of your mood or 'affect' which is basically just pleasure/pain//calm/aroused and using that to make choices (and, I might add, rejections)

<https://www.tedxcambridge.com/talk/cultivati...-power-of-mood/>

Just to be clear, I'm not saying Dr. Barrett is Epicurean. And I'm not saying Epicurus was prescient and knew this research. But I am saying I find it surprising that Epicurus seemed to intuit this line of inquiry, especially in the importance of understanding your pleasure and pain reactions or as Dr Barrett calls it, your affect.