

Dr. Lisa Feldman Barrett on The Functions of the Brain

Post by "Cassius" of April 12, 2021 at 10:33 AM

Looking for a place to out comments on Barrett's podcast at Ten Percent Happier. For now I'll put it here:

54:15. "Scientists don't agree in how to define emotion."

56:06 "You don't have a sensor for feeling uncomfortable ...or unpleasant.". These are constructed by the brain.

56:28 When you see red that's a feeling of redness. That comes from the brain modeling the state of your body.