

# **How Emotions Are Made: The Secret Life of the Brain by Lisa Feldman Barrett**

**Post by “Godfrey” of April 16, 2021 at 1:46 PM**

A quick post; today is pretty busy so it may be a while before I get back on....

In reacting to [Don](#) 's post, I think one of LFB's points is that sensations in a particular instance don't come first. A prediction comes first and the sensations serve as a reality check as you can see from the description of a prediction loop. So the sensations are "true" but they don't seem to be primary.

Another thing that seems like it might be fruitful to discuss is affect and the affective circumplex.