

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

Post by “Godfrey” of April 16, 2021 at 8:48 PM

[Quote from Cassius](#)

All we really need to do is to articulate in broad terms that there are mechanisms by which we can have confidence in living happily if we eject both skepticism and rationalism in favor of reliance on the faculties that Nature gave us.

The only thing that I would add to this is that if understanding the mechanism in more detail helps us to increase pleasure, then it is worthwhile to do so to the degree that it does so. I think that having a basic understanding of predictions and affect could be useful in that regard.