

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

Post by "Don" of April 17, 2021 at 3:04 PM

[Quote from Cassius](#)

Both perspectives are valid and should not be seen to be at war with each other, or that one needs to replace the other.

Point well taken. It just worries me at times that people (opponents primarily) may try to use the single word "pleasure" to mischaracterize the philosophy as Cyrenaic hedonism.