

NPR Fresh Air: Dr. Anna Lembke on pleasure, pain, and addiction

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<https://www.psychologytoday.com/us/blog/the-athletes-way/202001/the-neuroscience-seeking-pleasure-and-avoiding-pain>

Here's another article from the popular magazine Psychology Today. I found the last section intriguing in light of the Stoic tendency/practice of enduring pain to "overcome" it.

I'm also wondering if the usual translations of choice and avoidance is more due to modern nomenclature than Epicurus's original wording which was more choose and flee from.