

# New Christos Yapijakis Article: "The Philosophical Management of Stress"

Post by "Don" of January 6, 2023 at 10:42 PM

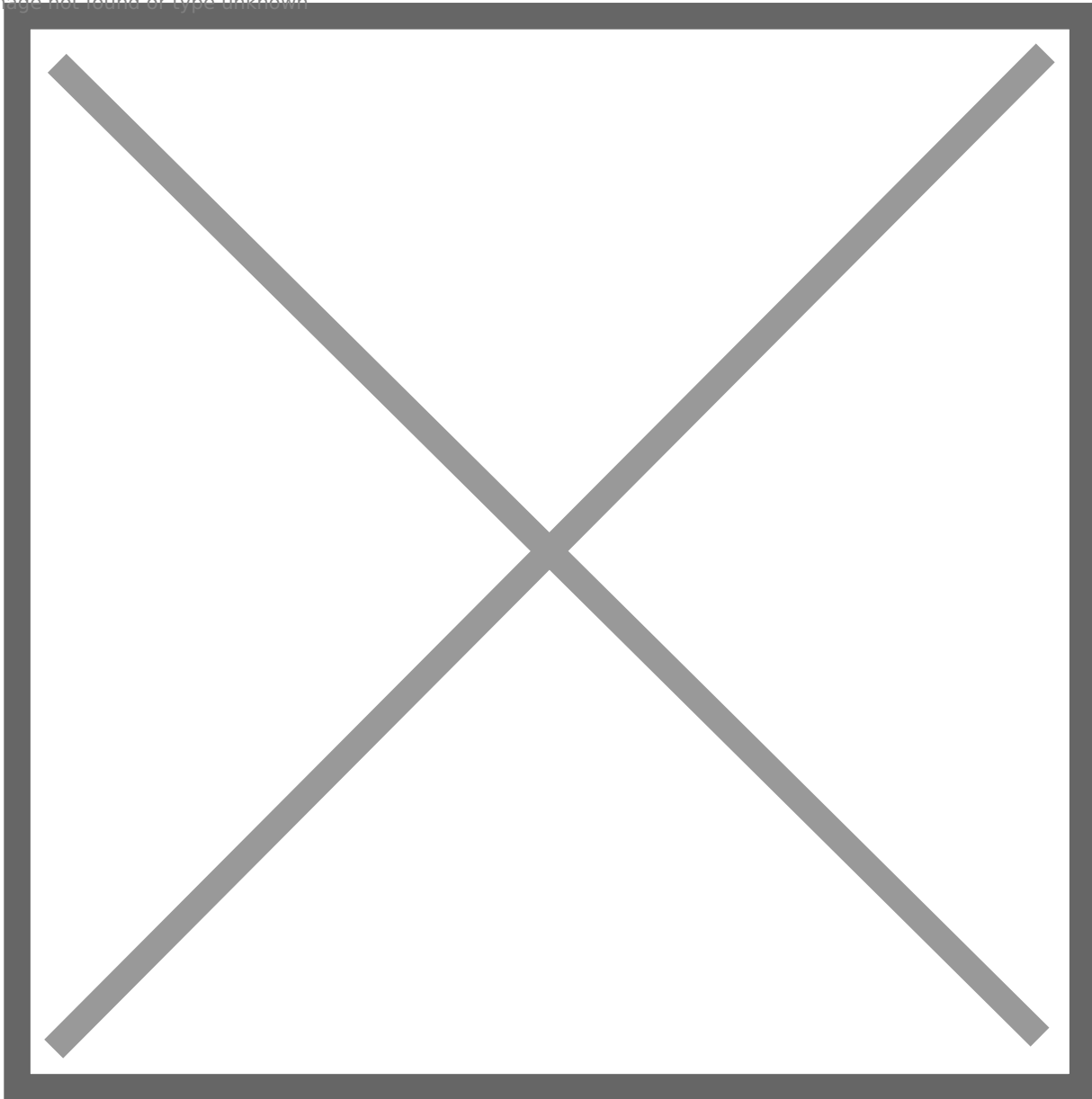
[Quote from Little Rocker](#)

I noticed that *Conatus* is open-access (hooray!), and the studies Yapijakis references in the introduction are contained separately in the [issue](#):

[Epicurean Stability \(eustatheia\): A Philosophical Approach of Stress Management](#)

I realize Dr. Yapijakis is an Associate Professor of Genetics, but his use in this paper of the outdated "triune brain" - even as a metaphor - stopped my reading in its tracks. I have been familiar with this reptile/ mammal/ primate brain "theory" since Carl Sagan's *Dragons of Eden*. But, first in Dr. Lisa Feldman Barrett's work then following up with others, I found out that this idea, even as a metaphor, is outdated and simply factually wrong. For example:

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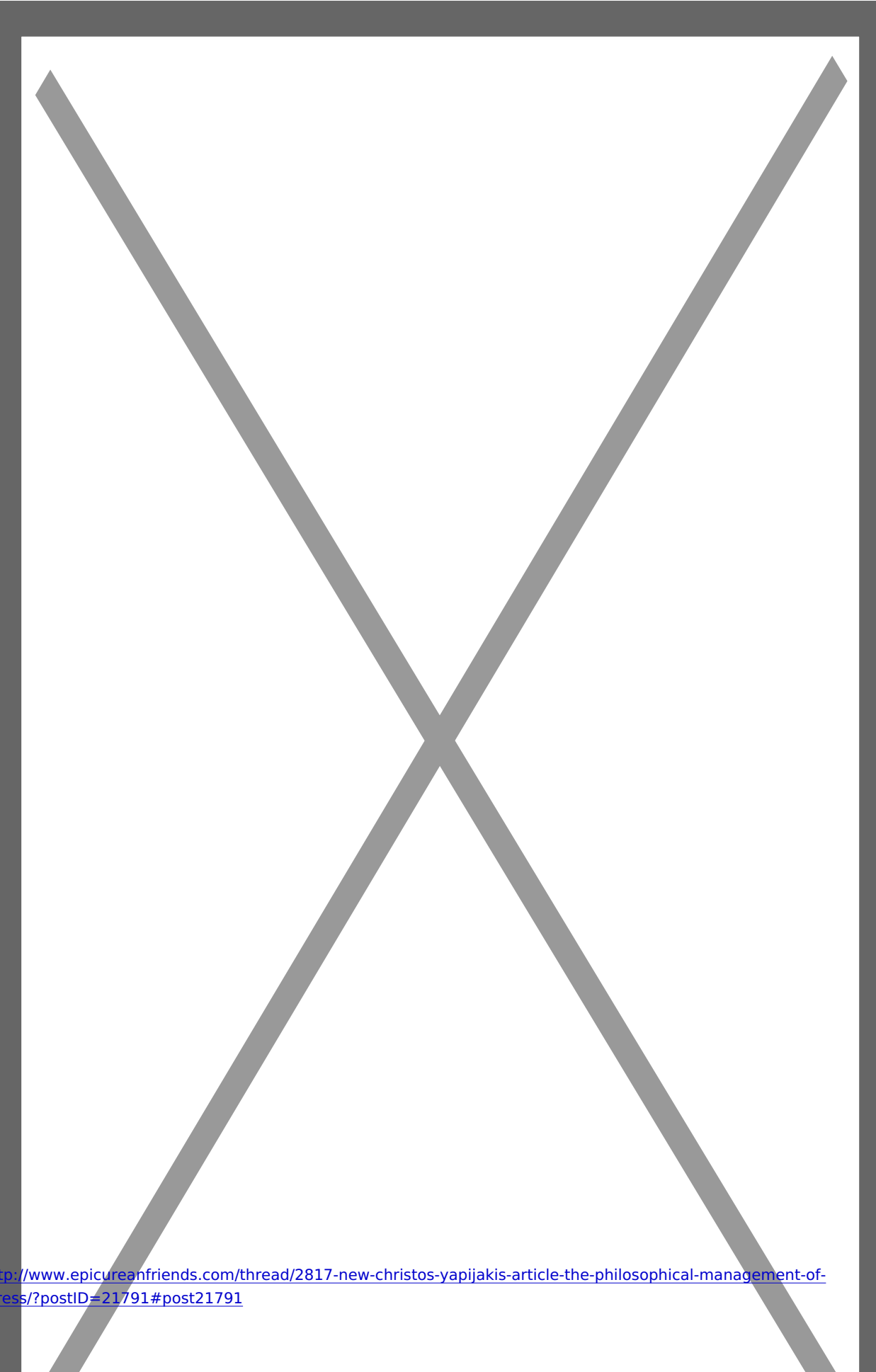
### [A theory abandoned but still compelling](#)

In 1977 readers were enthralled by *The Dragons of Eden*, a book by the astronomer Carl Sagan that explored the evolution of the human brain. Dragons won the  
[medicine.yale.edu](http://medicine.yale.edu)

#### Quote

MacLean's basic premise—his “‘hats on top of hats’ view” that brain systems were added by accretion over the course of evolution—was mistaken.

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<http://www.epicureanfriends.com/thread/2817-new-christos-yapijakis-article-the-philosophical-management-of-stress/?postID=21791#post21791>

[Rethinking the reptilian brain. - Dr Sarah McKay](#)

The reptilian brain model is not based on evolution or neuroscience. What neuroscience-based stories or concepts should use you instead?

[drsarahmckay.com](http://drsarahmckay.com)

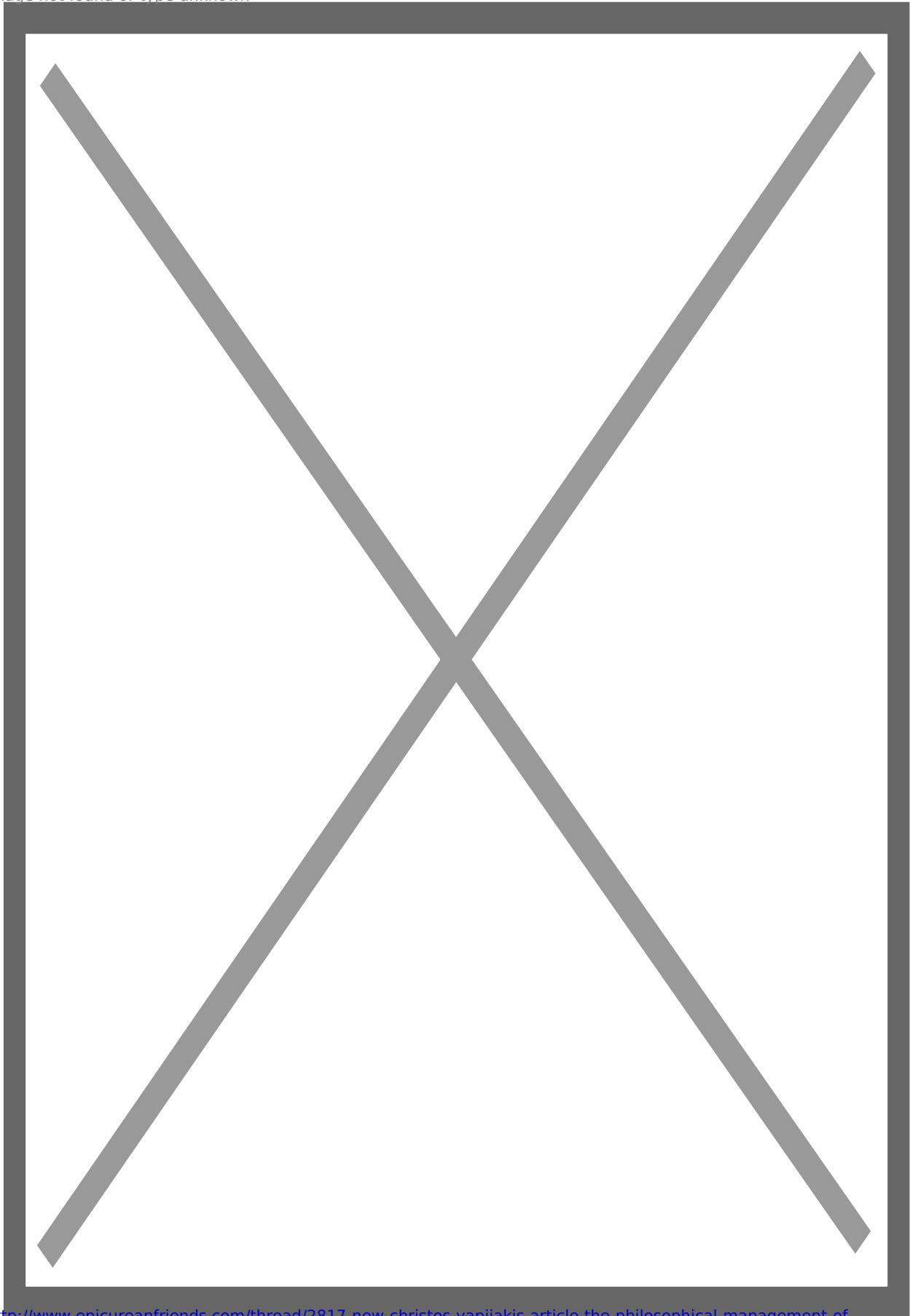
Quote

Does it matter if we use the 'reptilian brain'?

TL:DR. YES!

We are not born with hard-wired pre-packaged emotions emerging from a lizard brain. The human brain is not a tripartite-series of separate complexes. We are not at the mercy of our lizard brain when we experience threat. We've established that.

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<http://www.epicureanfriends.com/thread/2017-new-christos-yapijakis-article-the-philosophical-management-of-stress/?postID=21791#post21791>

## [It's Time To Correct Neuroscience Myths - Northeastern University College of Science](#)

Lisa Feldman Barrett, a psychology professor at Northeastern who has been awarded a 2019 Guggenheim Fellowship, finds misinformation and myths about the brain...  
cos.northeastern.edu

### Quote

“Scientists have known since at least the 1970s that the idea of a lizard brain is a fiction of neuroscience,” Barrett says. “The problem here is that it takes 10, 20, sometimes 50 years before discoveries in science make it to the public.”

And so on. I could paste a number of articles, but I think that makes the point. I also vaguely remember making this point about his using the triune brain a year or so again. I didn't like it then, and I don't like it now. Even if "lizard brain" is in quotes, it's factually wrong and metaphorically misleading. It's not necessary to explain Epicurean philosophy. Just leave it out.