

The Atlantic article on emotions in decision-making

Post by “Godfrey” of July 13, 2023 at 5:28 PM

It takes practice to rely on emotions. But it's also not a case of "either emotions or reason". It's become such a paradigm that reason is the basis of wise choices. I'm finding that understanding the Epicurean Canon and the role of pleasure and pain within it is, with some work, a game changer for prudent decision-making.

Our feelings are always going to be there. Science is confirming that we just need to learn to listen to the wisdom that they offer us.