

Fundamental Issues In Hedonism

Post by “BrainToBeing” of December 10, 2023 at 11:44 AM

Thanks Godfrey. Yes, well stated. Indeed, this is a discussion and not a resolution. In addition to boards in neurology I also have boards in addiction. And, addiction is a great place to study what makes us happy and what doesn't (and how we get to either situation). And, as you say, knowing the drivers of our happiness (and/or unhappiness) are very important to finding....ummmm...happiness! My wife is a clinical mental health counselor (and academic) and we talk a lot about the paths to satisfaction, happiness, and life balance (particularly how to rebuild these when they are lost).

All very interesting stuff! Again, engaging with you all is a lot of fun.