

# Article on the Science of Guilty Pleasures

Post by "Don" of June 16, 2024 at 10:31 AM

## [Quote from Remus](#)

"Pleasure Activist" is my new phrase of the day.

The West is a guilt-culture, although some have observed that the Internet is changing it into a shame based culture. If so, I wonder if shame is any healthier than guilt.

I noticed that "title" too 😊

Agree with the guilt. Considering the difference between "guilty pleasure" vs "shameful pleasure" is telling.