

Article on the Science of Guilty Pleasures

Post by “Kalosyni” of June 16, 2024 at 10:01 AM

Here is a very good article:

<https://www.npr.org/sections/shots-health-news/2024/06/15/nx-s1-5006168/guilty-pleasure-meaning-brain-science>

Post by “Remus” of June 16, 2024 at 10:10 AM

"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.

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

[Quote from Remus](#)

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I noticed that "title" too 😊

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

Post by “Kalosyni” of June 16, 2024 at 2:23 PM

Thinking now that this could make a good "First Monday" discussion topic. 😄