

Hidden Brain: Where Gratitude Gets You

Post by “Don” of December 3, 2020 at 7:58 AM

I was listening to this episode of the Hidden Brain podcast this morning:

<https://hiddenbrain.org/podcast/where-gratitude-gets-you/>

I found echoes of Epicurus's mentions of gratitude throughout, but the section on the "emotions" starting around 17:41 stuck out at me. It seemed to me that their mention of "emotions" could easily be replaced by the pathē of pleasure/pain. They talk about choosing the best course of action, etc. The rower's "pride" could easily be replaced by the "sense of pleasure."

Interested to read thoughts if anyone listens to the episode.