

# How Emotions Are Made: The Secret Life of the Brain by Lisa Feldman Barrett

Post by "Don" of April 17, 2021 at 8:23 AM

## [Quote from Cassius](#)

What I am not sure about, since I haven't gone as far into the details of LFB as you guys have, is whether the result increases confidence in resisting rationalism and idealism in thinking, or the reverse.

My first response to that is "Yes, it does resist those." My take on LFB is that her research shows that our bodies naturally inform us how to act. Our bodies want to be in equilibrium, to have our budgets in balance. We ignore that at our peril. Understanding that things that gives us pleasure are generally positive for our well-being and things that move our affective circumplex toward high arousal levels of displeasure are negative for it. With caveats, per LFB, that things like exercise may be unpleasant in the moment and make us run a deficit in our body budget but will pay benefits in the long run. And not automatically assigning emotions to our affective feelings but instead looking at the underlying physical characteristics can get us in touch with pleasure and displeasure in our lives.