

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

Post by "Cassius" of April 17, 2021 at 8:41 AM

[Quote from Don](#)

Our bodies want to be in equilibrium, to have our budgets in balance.

How does "equilibrium" square with: *"For we recognize pleasure as the first good innate in us, and from pleasure we begin every act of choice and avoidance, and to pleasure we return again, using the feeling as the standard by which we judge every good."*

Is talk about "equilibrium" going to carry one down the road to "tranquility" - or even Buddhism - instead of to "pleasure?"