

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

Post by "Cassius" of April 17, 2021 at 4:17 PM

[Quote from Godfrey](#)

The affective circumplex

OK we're going to need some definitions soon!

[Quote from Don](#)

may try to use the single word "pleasure" to mischaracterize the philosophy as Cyrenaic hedonism.

What is this "may" stuff? Two thousand years of it and you can bet your life the misrepresentation / confusion will last another two thousand years too! I'm afraid this is something we just have to live with and do our best to avoid, but not by watering down the true philosophy. 😊

Quote

When, therefore, we maintain that pleasure is the end, we do not mean the pleasures of profligates and those that consist in sensuality, as is supposed by some who are either ignorant or disagree with us or do not understand,

More seriously you are of course right, but the issue that takes precedence (at least in my mind, and in many circumstances) is that clarity and the benefit of ourselves and our friends trumps everything else, regardless of what the "rabble" choose to believe! 😊

Quote

VS 29. For I would certainly prefer, as I study Nature, to announce frankly what is beneficial to all people, even if none agrees with me, rather than to compromise with common opinions, and thus reap the frequent praise of the many.