

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

Post by “Don” of April 17, 2021 at 7:54 PM

## [Quote from Cassius](#)

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!

When you say rabble, I relish the fact that Epicurus literally uses οἱ πολλοί "hoi polloi" (the many, literally) to refer to the masses who misunderstand our hold false opinions.

More seriously (to borrow a phrase), I think it behooves all of us in all circumstances to be clear in our minds what we mean and to be clear in our presentation. I have no argument with those who say the goal is pleasure period, but I'm going to always read that as live pleurably.