

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

Post by “Don” of April 19, 2021 at 9:42 AM

## [Quote from Cassius](#)

Yeah I thought about not using the "rabble" word but I couldn't remember the "hoi polloi"! Actually neither term fits my target, because I don't mean to say anything demeaning about those who innocently misconstrue. My focus is on the strictly philosophical debate i referenced earlier, in with "pleasure" is the more technical term and "living pleasurably" is the more colloquial description. (I was thinking there was a passage about "the crowd" but couldn't put my finger on it.)

I was just thinking that we need to be clear that saying the "goal is pleasure" doesn't mean we don't voluntarily choose pain if it means attaining the "goal of living pleasurably." And that's not Stoic, that's Epicurus.