

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

Post by "Cassius" of April 19, 2021 at 10:31 AM

## [Quote from Don](#)

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 pleasurable." And that's not Stoic, that's Epicurus.

Right, but it's possible to use the same construction and say that you voluntarily choose pain in order to achieve pleasure if you define the pleasure you're talking about as "the greatest net" pleasure or "ultimate pleasure." The wording is clearly tricky and I keep coming back in my mind that the use of the construction "pleasure" makes sense mainly as a reply, and in the context of choosing between, "virtue" or "piety" or "wisdom" or some other very high level abstraction.