

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

**Post by "Cassius" of April 19, 2021 at 2:48 PM**

To some extent definitely, but I think the distinction that I am making is that philosophy can be, from some perspectives, a word game which is a trap for the unwary. I do not believe Epicurus said simply 'don't play that game.'. I think Epicurus realized that many people are already trapped by that word game, and he formulated the way out using the rules of his opponents' games, as a means of liberating those who fell into the trap before they were exposed to Epicurus.

For such people, teaching a way out of the word game is an essential and valid approach. And I think that approach is at least as valuable today as it was then, because virtually everyone is captured by some variation of the virtue / rationalism game.