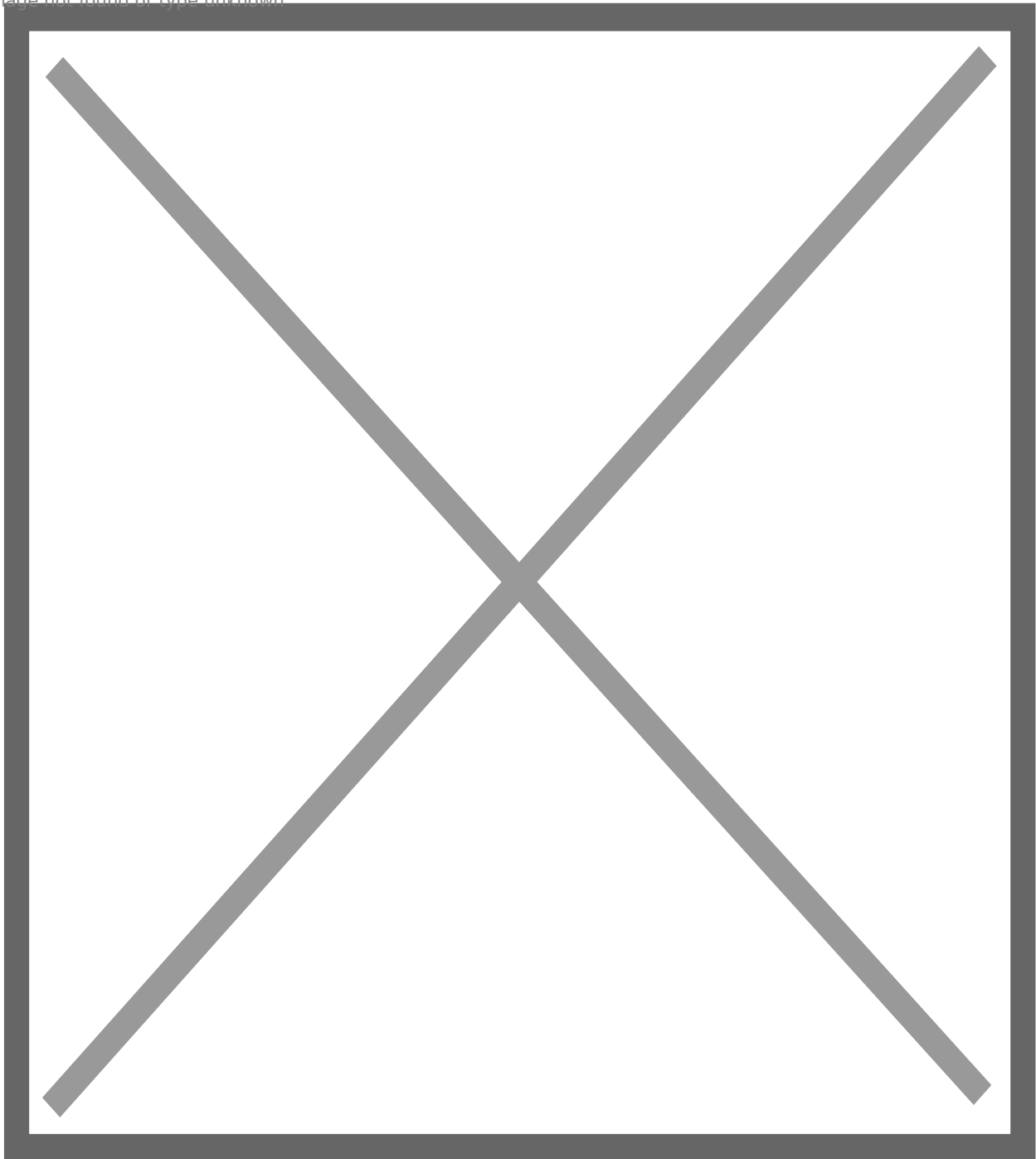


Hidden Brain episode

Post by “Don” of April 13, 2022 at 9:28 AM

Yet ANOTHER modern scientific insight that Epicurus found 2,000 years ago: listening to your feelings leads to better decision making...

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[The Benefits of Mixed Emotions | Hidden Brain Media](#)

We've all been in situations where we experience mixed emotions. Maybe you've felt both joy and sadness during a big life decision, such as whether to
[hiddenbrain.org](https://www.hiddenbrain.org)

Can't start around the ~20 minute mark if you don't want to listen to the whole episode.