

# Atlantic article about enjoyment vs. pleasure

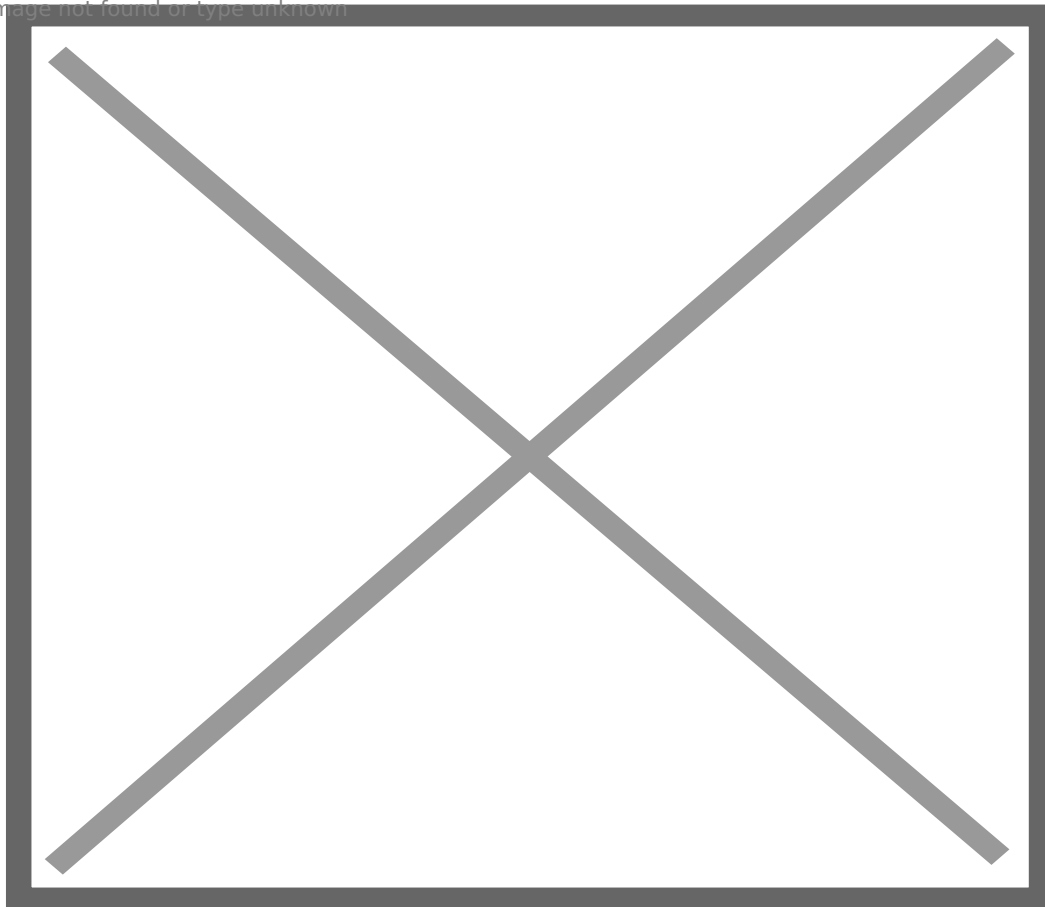
Post by "Don" of May 3, 2022 at 10:23 PM

[Quote from reneliza](#)

So I have a degree in neuroscience (which does contribute to my understanding that the mind/soul are of nature)

You might be interested in some of my posts and others on the brain research of Dr. Lisa Feldman Barrett

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as well as Dr. Anna Lembke.

I found both of their books to be fascinating and, for me, to have some real intersections with Epicurean philosophy. Barrett and Feldman aren't Epicureans, but I found their work to be helpful in bringing Epicurean insights into a modern framework.

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