

Atlantic article about enjoyment vs. pleasure

Post by “reneliza” of May 3, 2022 at 10:26 PM

[Quote from Don](#)

[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

<https://www.epicureanfriends.com/wcf/index.php?...Feldman+Barrett>

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 Epicurueans, but I found their work to be helpful in bringing Epicuruean insights into a modern framework.

I'll definitely look into that!