

Neuroscience of Happiness and Pleasure -- Morten L. Kringelbach and Kent C. Berridge

Post by "Kalosyni" of June 27, 2022 at 7:53 PM

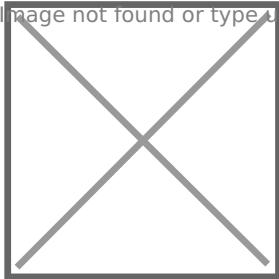
I just started reading this article "Neuroscience of Happiness and Pleasure" and here is an excerpt:

Quote

The available evidence suggests that brain mechanisms involved in *fundamental* pleasures (food and sexual pleasures) overlap with those for *higher-order pleasures* (for example, monetary, artistic, musical, altruistic, and transcendent pleasures) ([Kringelbach 2010](#)).

From sensory pleasures and drugs of abuse to monetary, aesthetic and musical delights, all pleasures seem to involve the same hedonic brain systems, even when linked to anticipation and memory. Pleasures important to happiness, such as socializing with friends, and related traits of positive hedonic mood are thus all likely to draw upon the same neurobiological roots that evolved for sensory pleasures. The neural overlap may offer a way to generalize from fundamental pleasures that are best understood and so infer larger hedonic brain principles likely to contribute to happiness.

Image not found or type unknown



[The Neuroscience of Happiness and Pleasure](#)

www.ncbi.nlm.nih.gov