

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

Post by "Matteng" of October 2, 2024 at 9:51 AM

I read the article today by chance and wanted to start a thread. But looked to see if there was already an article about neuro science and found it with exactly this article [1]. In positive psychology, a distinction is made between hedonistic, happiness(Pleasure) and Eudaimonia. Do I understand it correctly that Eumonia happiness is also hedonistic happiness at its core? That would really be a point on the side of the Epicureans against the Stoics. Then there would be no essential difference between pleasure and the Stoic joy (chara).

In Stoic groups it is often claimed that Stoics understand Human Nature better and that like in Ciceros „On Ends“(the Stoic parts) that Pleasure is only a delusionary byproduct of self preservation and that sociability / familiarization (oikeiosis) is an essential part of human nature and that Epicureans would deny that humans are social beings. I would like to discuss more about the current view of neuroscience/psychology of human nature to get clear how much it fits with Epicurean Philosophy (a further example would be the hedonic treadmill)