

# Anticipation - Modern Research

Post by "Don" of December 7, 2024 at 12:23 PM

Quote

As animals - human or otherwise - navigate the unpredictability of life, anticipating positive experiences helps drive a persistence to keep searching for life's rewards. In a world of immediate gratification, these rats offer insights into the neural principles guiding everyday behaviour. Rather than pushing buttons for instant rewards, they remind us that planning, anticipating and enjoying the ride may be key to a healthy brain. That's a lesson my lab rats have taught me well.

This finding dovetails nicely with Epicurus' contention that anticipating future pleasure IS pleasure. Fascinating article! Thanks, [Kalosyni!](#)