

# Aspects of Pleasure - Dopamine, Endorphine, Continuity

Post by "Don" of November 9, 2024 at 10:26 AM

[Quote from Root304](#)

Dopamine and Endorphin systems

I continue to recommend the book Dopamine Nation for some interesting insights:

Post

[\*\*Dopamine Nation by Dr. Anna Lembke\*\*](#)

I just finished listening to Dopamine Nation by Dr. Anna Lembke and would recommend it for anyone trying to understand the mechanism of pleasure in the brain and its role in addictive behavior.

<https://www.annalembke.com/>

I had heard a podcast with the author and, at first, thought the focus on addiction was too narrow. But I was wrong. While some of the patients discussed in the book (with their informed consent!) are difficult to hear/read, Lembke does an excellent job in showing the wide range...



Don

January 4, 2022 at 10:13 AM