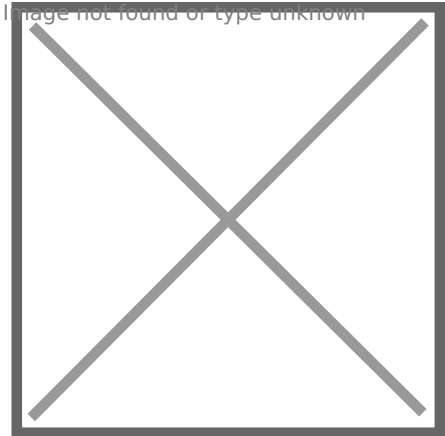


# Dopamine Nation: Finding Balance in the Age of Indulgence: Dr. Anna Lembke

Post by "Don" of December 9, 2021 at 8:06 AM



[The Next Big Idea - DOPAMINE NATION: Why the Modern World Puts Us All at Risk for Addiction](#)

In "Dopamine Nation: Finding Balance in the Age of Indulgence," Dr. Anna Lembke says today's superabundance of pleasurable stimuli makes us all vulnerable to...  
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Podcast episode from The Next Big Idea directly pertinent to discussions on this forum.

I'm more and more coming to the idea that homeostasis or "the hedonic set-point" \*is\* ataraxia and aponia, and that was one of Epicurus's innovations to see that homeostasis is a kind of pleasure and not just some neutral state between pleasure and pain.

Listen and share your thoughts.