

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

Post by “Marco” of December 9, 2021 at 12:11 PM

I think Elayne gives a good answer in her article ‘On Pain, Pleasure, and Happiness’.

Humans are not inherently insatiable.



Blog Article

[On Pain, Pleasure, and Happiness](#)

<https://www.epicureanfriends.com/thread/2272-dopamine-nation-finding-balance-in-the-age-of-indulgence-dr-anna-lembke/?postID=14898#post14898>

Not "absence of pain" as a full statement of the goal of life, but "the Feelings are two, pleasure and pain" and "Pleasure is the beginning and the end of a happy life."

Brief: The feelings are only two, pleasure and pain—there is no third state such as neutral, and there are no “fancy pleasures” which are different from regular pleasures. Because there is no neutral, reducing pain in life is only possible if there is a corresponding increase in pleasure. The extent of pleasure can be...

Elayne

July 15, 2019 at 7:31 PM