

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

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I listened to half of "Dopamine Nation". When asked if addictions can ever be beneficial, she says she uses a different label, such a passion. She also says that you know something is an addiction if the rest of the world turns pale in comparison, and you have too narrow of a focus on one behavior. It becomes maladaptive and you have to increase your activity more and more in order to get the same feelings of pleasure.