

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

**Post by “Godfrey” of December 9, 2021 at 4:33 PM**

I haven't yet made it very far into the podcast, but after around minute 23 or so she gave what to me could be a good description of vain or unnecessary desires. Isn't this, after all, what addictions and insatiability are?