

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

Post by “Kalosyni” of December 9, 2021 at 10:55 PM

I don't remember that part (and it doesn't look like I can fast forward to that point).

Possibly addictions are used to deal with the anxiety and stress that arises from chasing after vain and unnecessary desires. But most of "mainstream" modern life is an un-ending parade of the vain and unnecessary.