

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

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Addicted to power, addicted to money, addicted to work, addicted to alcohol.... Power, money, work and alcohol aren't bad in themselves, nor are the desires to attain them to some degree. I think part of what she was saying in the podcast is that what is not addictive for some people can be addictive for other people. I would add to that this is where wisdom comes in: the ability to recognize your personal limits (there's that word again!). Knowing these limits can inform one as to what is vain/unnecessary for their own well being.