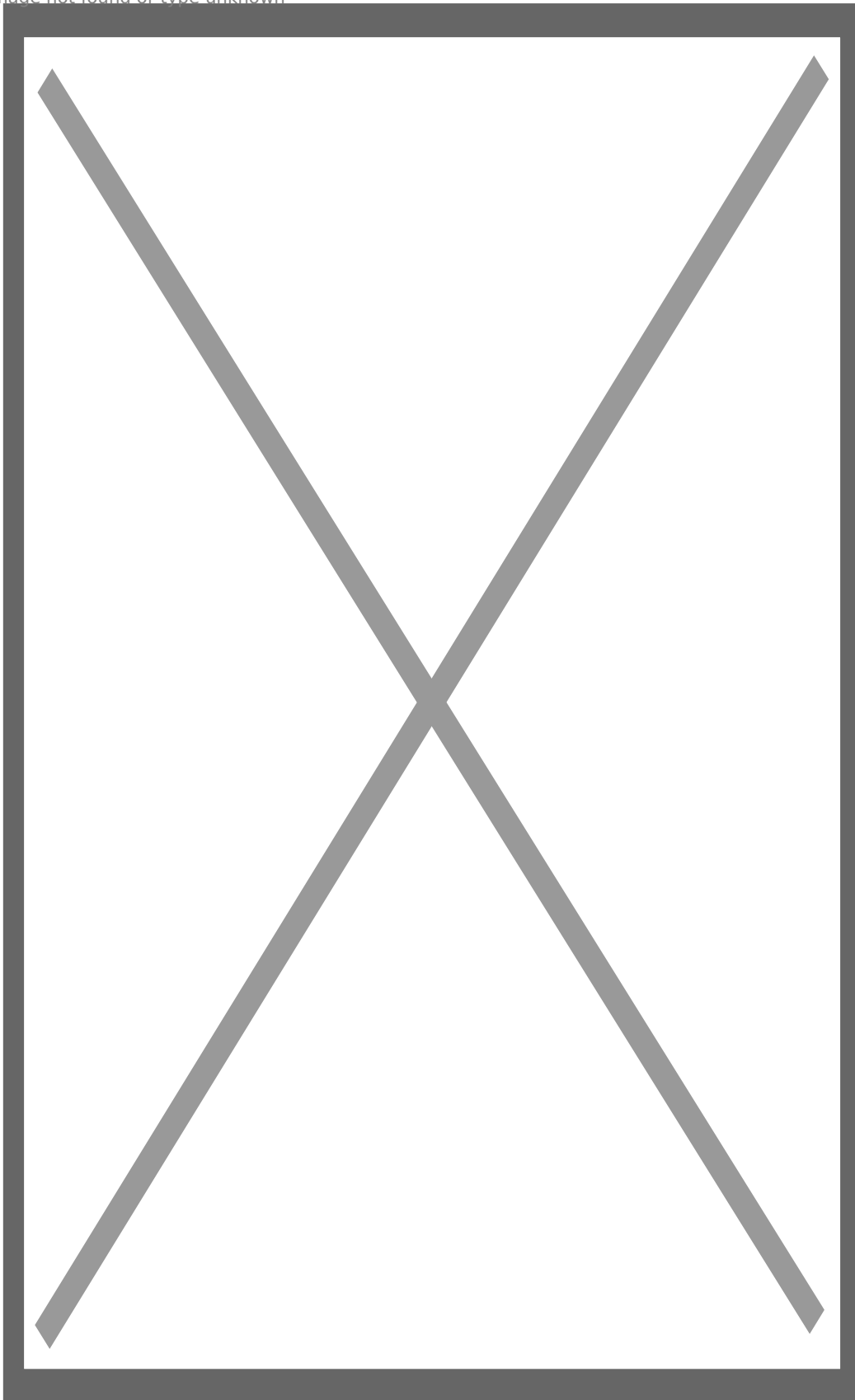


Dopamine Nation by Dr. Anna Lembke

Post by “Don” of January 4, 2022 at 10:13 AM

I just finished listening to Dopamine Nation by Dr. Anna Lembke and would recommend it for anyone trying to understand the mechanism of pleasure in the brain and its role in addictive behavior.

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[Anna Lembke, MD - Dopamine Nation](#)

Dopamine Nation by Dr. Anna Lembke. In Dopamine Nation, Dr. Anna Lembke, psychiatrist and author, explores the exciting new scientific discoveries that explain...

www.annalembke.com

I had heard a podcast with the author and, at first, thought the focus on addiction was too narrow. But I was wrong. While some of the patients discussed in the book (with their informed consent!) are difficult to hear/read, Lembke does an excellent job in showing the wide range of addictive behaviors.

I saw many echoes and/or applications to Epicurean philosophy in the book. To me, books like this are important because we can "philosophize" all day, but Epicurus advocates for evidence and knowing the science behind the brain and its reward pathways and how and why "not every pleasure is to be chosen" and "we sometimes choose pain for greater pleasures to come" is a reason to know the current science.

I'll be interested if anyone reads it and has any comments.