

Dopamine Nation by Dr. Anna Lembke

Post by “Don” of January 4, 2022 at 10:55 AM

[Quote from JJElbert](#)

I don't know if I'll have time for this one, but I think you are absolutely right about its application.

I'm curious whether Dr. Lembke goes into the other 4 major hormones/neurotransmitters of serotonin (mood, sleep, digestion), endorphins (mitigation of stress and pain), cortisol (increase of stress, and activation of "fight or flight" response) and oxytocin (associated with empathy, relationships and sex). Probably I do need to make time for this!

The other neurotransmitters do come up repeatedly although her main focus is, of course, dopamine. She talks a lot about the reward pathways in the brain and how they get hijacked (my word, not hers) and lead to addictive behaviors.