

Dopamine Nation by Dr. Anna Lembke

Post by “Joshua” of January 4, 2022 at 11:37 AM

I see that in myself particularly with video games. {...New game -> binge -> tolerance -> increased need -> new variation -> binge...}, and so on. I think 'hijacked' is a fair term.

The pecuniary cost for me is quite small because of the modding community and its infinite variation, but the timesink is considerable.