

# Dopamine Nation by Dr. Anna Lembke

Post by "Don" of January 4, 2022 at 1:03 PM

[Joshua](#) you're right on point with the themes of the book! The author's addiction that she reveals was reading romance novels. Innocuous, one might assume, but it really took over her life in many ways. The patients she talks about are dealing with sex, drugs, alcohol, food addictions. Addiction can manifest itself in myriad ways it seems.