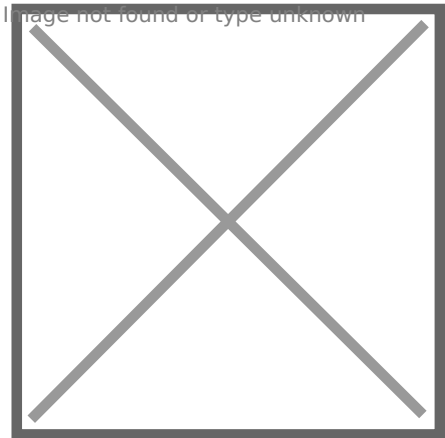


# Dopamine Nation by Dr. Anna Lembke

Post by “Godfrey” of January 4, 2022 at 1:07 PM

This is the link to the podcast I listened to if anyone wants the short version before deciding to read the book:



[The Next Big Idea - DOPAMINE NATION: Why the Modern World Puts Us All at Risk for Addiction](#)

In “Dopamine Nation: Finding Balance in the Age of Indulgence,” Dr. Anna Lembke says today’s superabundance of pleasurable stimuli makes us all vulnerable to...

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