

Dopamine Nation by Dr. Anna Lembke

Post by “Marco” of January 5, 2022 at 1:36 AM

Googel translate:

Almost all people I know find satisfaction of a desire after a while.

Except for my friends who fall heavily in love or who have a desire for even more money. That is also what Epicurus says, there is a limit to pleasure.

In clinical situations, there will be people who become heavily addicted, but those are the exceptions who go to a doctor.

As Elaine states in her overview:

7. It is possible to enjoy life fully, and to be satisfied after attaining a desire. Desire is not fundamentally insatiable. There is no good reason to try and eliminate desires.

8. If a desire appears to be insatiable, it is likely because a person is otherwise unhappy or because the desire is for something impossible.

9. When a person is focused on an impossible desire, such as to live forever, the poor fit of substitute pleasures makes them feel their ordinary desires are insatiable.