

Dopamine Nation by Dr. Anna Lembke

Post by “Don” of January 5, 2022 at 7:34 AM

I have to disagree with some of your points.

[Quote from Marco](#)

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

Addictive behaviors are much more widespread than I have realized, and the exceptions are those people who seek treatment. I think many people with addictive behaviors don't seek professional help. That was one of the points underlying Dr. Lembke's book.

[Quote from Marco](#)

Desire is not fundamentally insatiable.

Some desires are, some desires aren't. Epicurus specifically calls out the "empty" desires because they are insatiable. I've come to understand "empty" desires to mean that no matter how much you "fill" the box of an empty desire, it's still empty. Desires for money, fame, power for their own sake and not to achieve a certain goal are insatiable. That box is always going to be empty.

[Quote from Marco](#)

There is no good reason to try and eliminate desires.

It's maybe not a matter of "elimination" but a matter of choosing which desires are worthwhile to pursue and which aren't. "Eliminating desires" sounds Buddhist. Making choices on which desires to choose and which to reject to lead to a pleasurable life puts it into an Epicurean context.

[Quote from Marco](#)

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

It may be the case that someone is unhappy or has some underlying issue, but that still means they're pursuing a desire that's going to be insatiable (or "empty" as I described above)

[Quote from Marco](#)

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.

I would include a desire for immortality as an empty desire, but there are many others, too. I don't think those people are necessarily feeling ordinary desires to be insatiable. I think they find them unsatisfying for any number of reasons, but we might be talking about two separate problems.

If I've misunderstood any of your positions due to a translation problem, my apologies. But I felt I should clarify my understanding of those issues in light of reading Lembke's book as well as Epicurus's texts.