

Dopamine Nation by Dr. Anna Lembke

Post by “Kalosyni” of January 5, 2022 at 2:33 PM

[Quote from Marco](#)

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.

(This quote by Marco was originally from Elaine)

I've joined in here a little late...but wanted to say that this really makes sense for me.

Here a helpful analogy from Marshall Rosenberg (originator of Nonviolent Communication):

...Don't go to the hardware store if you want to buy eggs.

So by "empty" we actually mean impossible to fulfill.

So much of mental suffering comes when we try to pursue "empty" desires. Some people have stronger habits around pursuing things that are "empty" and are unable to reason what is "empty" and what is real.

About the word "empty" - both the same usage in English and Greek - the word can apply to physical objects or to mental ideas.

Objects that can hold things (boxes, cups, etc.) can at times be empty.

Ideas that can hold things (truth, validity, reason, accuracy) can at times be empty.