

Dopamine Nation by Dr. Anna Lembke

Post by “Don” of January 5, 2022 at 3:33 PM

Honestly, I still like "empty."

Plus, I would say a desire for power only for power's sake is always empty.

A desire for money only for money's sake is always empty.

A desire for fame only for fame's sake is always empty.

Those desires cannot be fulfilled and will end in frustration or, at least, a neverending quest to fulfill them.

But, for example, a desire for enough money to achieve a goal is finite and achievable.