

Dopamine Nation by Dr. Anna Lembke

Post by "Cassius" of January 6, 2022 at 10:43 AM

[Quote from Don](#)

unsatisfying nature of the empty desires, like "empty" calories, empty handed, empty headed, etc.

Right. Those in themselves are good qualifying explanations. They exist, but they are deceptive as to final result and all the implications that go with them.