

# **Dopamine Nation by Dr. Anna Lembke**

**Post by “Don” of January 6, 2022 at 11:06 AM**

To circle back to the topic of this thread, addictions are not predicated on empty desires. It would seem to me that most addictions start out as natural but unnecessary desires. In fact, I would posit that most of our everyday desires fall into the "natural but not necessary" category, but they do add variety to our lives.