

Dopamine Nation by Dr. Anna Lembke

Post by “Cassius” of January 6, 2022 at 12:49 PM

Great point. I know that in general discussion (such as below) that shorthand is used, but maybe the texts don't really justify it?

[PD26](#). Of desires, all that do not lead to a sense of pain, if they are not satisfied, are not necessary, but involve a craving which is easily dispelled when the object is hard to procure, or they seem likely to produce harm.

[PD29](#). Among desires, some are natural (and necessary, some natural) but not necessary, and others neither natural nor necessary, but due to idle imagination.