

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

**Post by “Don” of January 6, 2022 at 1:04 PM**

Ah! The phrase used in those is οὐκ εἶσιν ἀναγκαῖαι "they are not necessary." So, the word unnecessary isn't there, but it is explicitly said "they are not necessary." Mea culpa.