

# Dopamine Nation by Dr. Anna Lembke

Post by "Kalosyni" of January 6, 2022 at 2:24 PM

Quote

Quote

Furthermore, on the one hand, there are the natural desires; on the other, the 'empty, fruitless, or vain ones.' And of the natural ones, on the one hand, are the necessary ones; on the other, the ones which are only natural; then, of the necessary ones: on the one hand, those necessary for eudaimonia; then, those necessary for the freedom from disturbance for the body; then those necessary for life itself

If you visualize this as a flowchart...this shows that there are three categories underneath both "natural and necessary":

- 1) necessary for eudaimonia
- 2) necessary for freedom from disturbance for the body
- 3) necessary for life itself

So "necessary for eudaimonia" could encompass a great number of things (things such as friendship...and you could then go as far as including such things as "sexual expression" as necessary for happiness -and- freedom from disturbance of the body).

I feel certain that back in time, this was much more clearly and exactly explained in Epicurus' teachings, but so much of the written teachings didn't survive. Is there anything in Epicurus' writings where we can gain more detail about what is "necessary for eudaimonia"?

Maybe the only way through all of this is to apply common sense and to "scientifically" test it and to make a list of things, and decide which of the three categories we think they might fall into.