

Dopamine Nation by Dr. Anna Lembke

Post by “Kalosyni” of January 10, 2022 at 2:10 PM

I just happened upon this thread, and thought it might be good to cross reference it here, as it tells a story about addiction and it's consequences, and also gives some Epicurean principles and potential wisdom to help anyone who might be dealing with addiction or who knows someone dealing with addiction. (Addiction is a very complex issue, and may of course need the help of an addiction counselor or therapist).

Thread

[“Love and Marriage, Real Series”](#)

Although we are now forced to devote much of our attention to the nature of viruses, and how to prevent or defeat the pain that comes from them, we should also keep in mind the nature of pleasure, the goal for which we endure the possibility viruses and all other kinds of pain.

Just as we study the details of how viruses operate, and how we can minimize our danger from them, we should remember too that pleasure operates through natural mechanisms, and we should study the details of how...



Elli

March 30, 2020 at 12:02 PM