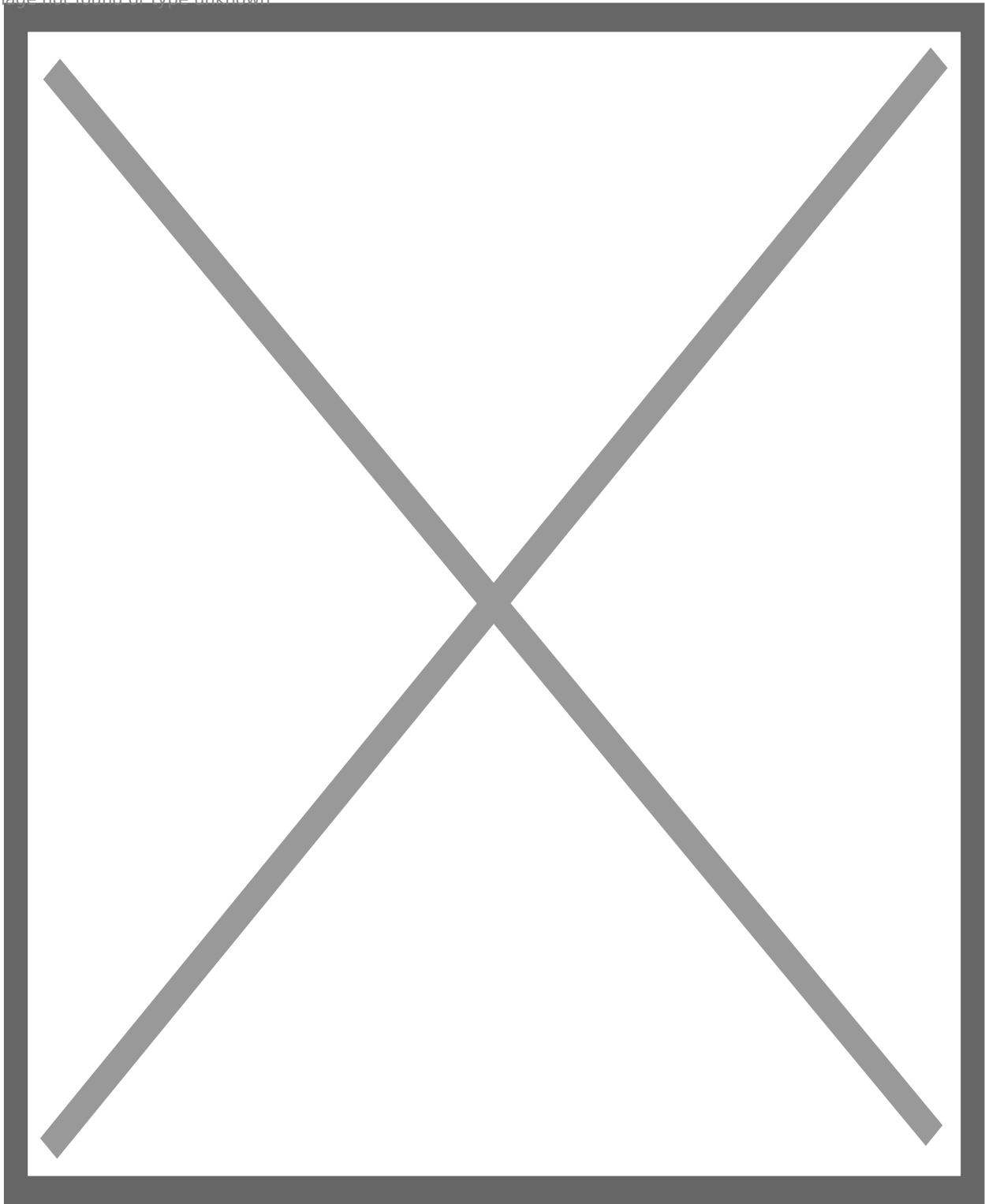


Dopamine Nation by Dr. Anna Lembke

Post by “Don” of April 10, 2022 at 1:05 PM

Image not found or type unknown



[Too much pleasure can lead to addiction. How to break the cycle and find balance : Life Kit](#)

Dr. Anna Lembke, psychiatrist and author, explains when too much pleasure-triggering dopamine upsets the delicate balance of pleasure and pain our brains need...

www.npr.org

New summary article and podcast episode.