

Mental pleasure/pain more intense and longer lasting than physical pleasure/pain

Post by “Don” of December 11, 2023 at 7:27 AM

[BrainToBeing](#) , that's a great post! Thanks for sharing your expertise and insights. Dr. Anna Lembke (author of *Dopamine Nation*) touched on some of the same themes. I like the way you described the relation but difference between nociception and suffering. How would you describe the pain from "painful" memories or similar mental pains? There's no actual nociception going on there, is there? I'm curious for you to expand on the "existential pain" you mentioned in passing.