

# Pleasure and Reality

Post by “Hiram” of April 14, 2019 at 7:33 AM

## [Quote from Elayne](#)

As far as addiction goes, of course I have assisted in the treatment of teens, since that is part of pediatric practice, and for that reason I have done a fair amount of research. I think the evidence is most supportive of a process like the one Stanton Peele outlines. I have had several conversations with Stanton on the subject, and I had the pleasure of reviewing an advance copy of his book on developmental aspects of addiction, which is coming out in May. The general gist is that people do not become addicted when they are enjoying pleasure through their innate pleasure pathways-- they tend to have no interest in the mimics, or if they do use them, they do so without becoming addicted.

<https://peele.net/>

So he's involved in the SMART program!?! This is great. I first read of the SMART recovery program in an issue of "The Humanist" that also included an article I wrote for them. I remember that the editor took an interest in my mention of Epicurean cognitive therapy because she felt that it related to other essays that were going to appear in the same issue. I'll share some tweets on this.