

# **Sunday November 9, 2025 - Zoom Discussion 12:30 PM EST - Epicurus on Good And Evil**

**Post by “Don” of November 13, 2025 at 5:38 AM**

Talk of the hedonic treadmill reminded me of Dr. Anna Lembke's book *Dopamine Nation: Finding Balance in the Age of Indulgence*. Here's an interview with the author on NPR's Fresh Air:

<https://www.npr.org/transcripts/1030930259>

She brings up overindulgence, homeostasis, addiction. I brought up the book several years ago, so I'm sure if you search the title there's a thread on the forum.