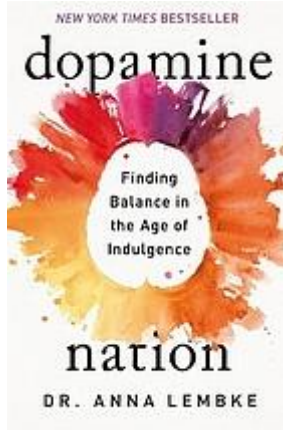


ADF Library Book Review.

Dopamine Nation



Author: Anna Lembke

Print Book 2021

Reviewer Name: L G

Occupation Category: Academic (Researchers, teachers, students & library)

Rating: 5 being excellent



Overall impression: The best explanation I have ever read about why people use substances.

Favourite bit? : "Because we've transformed the world from a place of scarcity to a place of overwhelming abundance: Drugs, food, news, gambling, shopping, gaming, texting, sexting, Face-booking, Instagramming, YouTubing, tweeting... the increased numbers, variety, and potency of highly rewarding stimuli today is staggering. The smartphone is the modern-day hypodermic needle, delivering digital dopamine 24/7 for a wired generation. If you haven't met your drug of choice yet, it's coming soon to a website near you".

Your recommendation and why?

I recommend this well written and easy to read book to anyone interested in why people use drugs.

Also, to every person who is interested in how to live a balanced life; a balance between pleasure and pain.

Also, anyone who has realised that they have become dependent on anything from reading romance novels, to taking ice baths, to any other source of pleasure. This book acknowledges the many various sources of pleasure and pain in our lives and gives a good list of the lessons of balance which starts with:

1. The relentless pursuit of pleasure (and avoidance of pain) leads to pain.

