

ANNA LEMBKE, MD

Presents

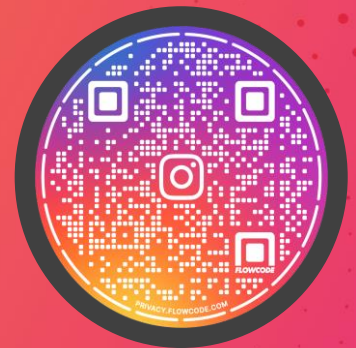
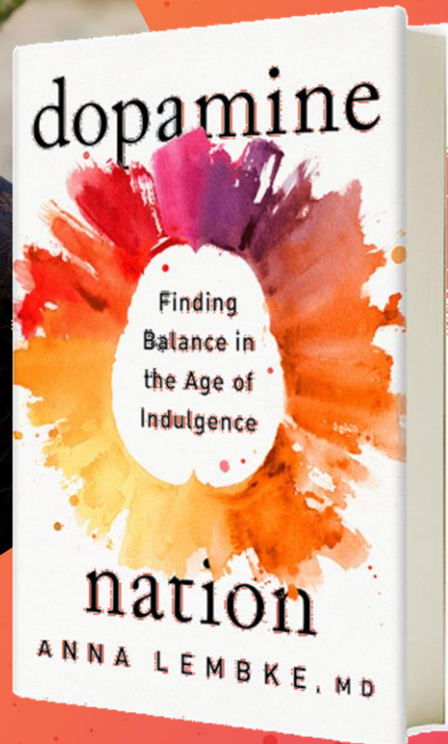
Dopamine Nation: Finding Balance in the Age of Indulgence

Live session webinars including a Q&A period

January 28, February 25, and March 25 • 3:30 – 4:45pm



VIRTUAL EVENT ON ZOOM



No cost
to participants.

[Register here](#) or call 530.918.7222 to sign-up over the phone.

We warmly invite you to join us in this special presentation by one of the world's leading authorities on the neuroscience of addiction, Anna Lembke, MD. She will provide a practical, science-informed approach to addressing compulsive overconsumption of everything from food, to sex, to video games.

Anna is a professor of psychiatry at Stanford University School of Medicine and chief of the Stanford Addiction Medicine Dual Diagnosis Clinic. She is widely published, has testified before Congress, and has authored two important books, *Drug Dealer, MD* and her newest work, *Dopamine Nation*—was an instant *New York Times* and *Los Angeles Times* bestseller, has been translated into more than 35 languages, and explores how to moderate compulsive overconsumption in a dopamine-overloaded world. Dr. Lembke also appeared in the Netflix documentary *The Social Dilemma*, an unvarnished look at the impact of social media on our lives.

