

# ANNA LEMBKE, MD

Presents

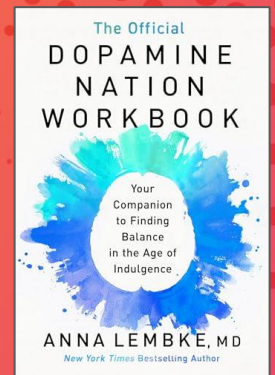
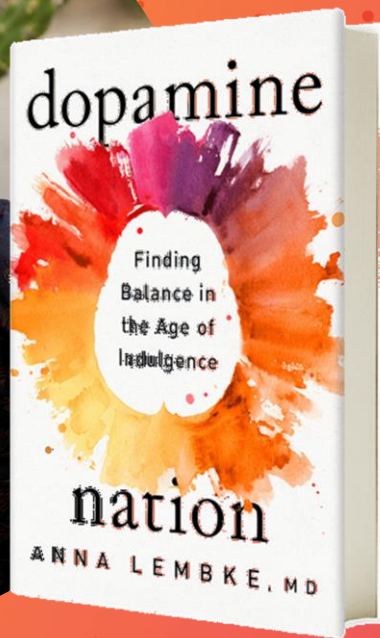
## *Dopamine Nation: Finding Balance in the Age of Indulgence*

Live session webinars including a Q&A period

**February 25<sup>th</sup> and March 18<sup>th</sup> • 3:00 – 4:15pm**

No cost to participants.

VIRTUAL 2-PART EVENT ON ZOOM



Siskiyou attendees  
may request a FREE book!

A companion to the *Dopamine Nation* book, for individuals, families, counsellors, teachers, and anyone who wants to go beyond the narrative and engage in practices that will reset reward pathways for a more flourishing life.

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

**We warmly invite you to join us in this two-part special presentation by one of the world's leading authorities on the neuroscience of addiction, Anna Lembke, MD.**

We are surrounded by high-reward, high-dopamine stimuli such as drugs, alcohol, food, social media, overwork and shopping. Constant exposure can lead to compulsive overconsumption and negative impact on our mental health. Dr. Lembke will discuss how the relentless pursuit of pleasure can lead to pain. In this two-part presentation, she will focus the first lecture on alcohol and the second lecture on behavioral addictions (sex, gambling, digital media, shopping, and more) and offer practical strategies to find balance. You will learn more about the science of desire and the wisdom of recovery, and how standing how to manage dopamine levels to achieve contentment and connectedness.

Dr. Lembke 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.

