Listen to an amazing interview with the author of "The Compass of Pleasure"
Posted by alexeliezer - 24 Jun 2011 15:21

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Johns Hopkins Neuroscience Professor David Lynden wrote a book on the neurochemistry of pleasure and addiction titled <u>The Compass of Pleasure.</u> You can hear an amazing interview with him by going to (yikes!) NPR.org and typing the book title in the search box. He is very knowledgeable about addiction and had some amazing things to say. Some things we already know, like the brain is (sigh) permanently changed by addiction, and why stress triggers acting out. I found what he had to say very helpful in understanding what we're dealing with.

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Re: Listen to an amazing interview with the author of "The Compass of Pleasure"
Posted by Shteeble - 24 Jun 2011 15:28

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Thank you for sharing the tip with us.

I'm just leaving my mark here so I remember to get to it.

KOT

KUTGW!

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Re: Listen to an amazing interview with the author of "The Compass of Pleasure"
Posted by Yosef Hatzadik - 24 Jun 2011 15:43

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[alexeliezer wrote on 24 Jun 2011 15:21](#)**:**

You can hear an amazing interview with him by going to (yikes!) NPR.org and typing the book title in the search box.

WARNING:

Such Homepages can often include triggery stuff!!!!

Here is a direct link to the interview:

www.npr.org/player/v2/mediaPlayer.html?action=1&t=1&islist=false&id=137348338&m=137371579

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Re: Listen to an amazing interview with the author of "The Compass of Pleasure"
Posted by alexeliezer - 24 Jun 2011 16:05
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You're right! Thanks Tzadik!

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Re: Listen to an amazing interview with the author of "The Compass of Pleasure"
Posted by Yosef Hatzadik - 24 Jun 2011 17:14
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Just finished listening to it.

It is EXTREMELY interesting!

Thank you for posting it!

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Re: Listen to an amazing interview with the author of "The Compass of Pleasure"
Posted by ninetydays - 27 Jun 2011 00:23

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Thanks for the direct link. k9 blocks it by me too. Its under news/media and that turned out not to be great for me.

When my wife comes back I will ask her to unblock.

ninety

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