



Dopamine Nation:

Finding Balance in the
Age of Indulgence

**Tuesday, Oct. 14
4:30 - 6 p.m. CDT**



This is a time of unprecedented access to high-reward, high-dopamine stimuli: drugs, food, news, gambling, shopping, gaming, texting, Facebooking, Instagramming, YouTubeing, tweeting...the increased numbers, variety, and potency are staggering. As such, we've all become vulnerable to compulsive overconsumption. Yet it is possible to find contentment and connectedness by keeping dopamine in check. In this talk, Professor Anna Lembke provides a practical, science-informed approach to addressing compulsive overconsumption in our dopamine overloaded world.

For more information and
to register for this event, visit
uwsuper.edu/AnnaLembke



Anna Lembke, MD is professor of psychiatry at Stanford University School of Medicine and chief of the Stanford Addiction Medicine Dual Diagnosis Clinic. A clinician scholar, she is the author of more than a hundred peer-reviewed publications, has testified before the United States House of Representatives and Senate, served as an expert witness in federal and state opioid litigation and is an internationally recognized leader in addiction medicine treatment and education. Dr. Lembke has published two *New York Times* bestsellers, with one listed as one of the top five books to read to understand the opioid epidemic. She has also appeared in the Netflix documentary *The Social Dilemma*, an unvarnished look at the impact of social media on our lives.