



DARE TO DISCONNECT: IS DOPAMINE ADDICTION KILLING OUR BEST IDEAS?

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FURTHER READING

Podcast to listen to:

Huberman, A. (2023) Huberman Lab Podcast, Episode 83: Tools for dopamine regulation & avoiding addiction. Huberman Lab:

<https://open.spotify.com/episode/42F7z6Z4CB8hJAstRqMCiV?si=5i2DSsN8RCiPL6pCLs3Qqw>

Diary of a CEO with Dr Anna Lembke:

<https://open.spotify.com/episode/4ITzUsyYpJB1NyUd0qU7ov?si=oWKy69oPSXK81Oo-e8qb5g>

Books to read:

Lembke, A. (2021). Dopamine nation: Finding balance in the age of indulgence. New York, NY: Dutton

Alter, A. (2017). Irresistible: The rise of addictive technology and the business of keeping us hooked. New York, NY: Penguin Press.

Academic Papers (for the nerds out there):

Besing, R. C., & Paul, J. R. (2015). Circadian regulation of dopamine function: Implications for psychopathology. Neuropsychopharmacology, 40(1), 73-89.

<https://doi.org/10.1038/npp.2014.180>

Westbrook, A., Ghosh, A., van den Bosch, R., Maatta, J., Hofmans, L., & Cools, R. (2021). Striatal dopamine synthesis capacity reflects smartphone social activity. iScience, 24(5). <https://pubmed.ncbi.nlm.nih.gov/34113831/>

Blocker to buy: <https://getbrick.app/>