



# Satisfaction: The Science of Finding True Fulfillment

*Gregory Berns*

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# Satisfaction: The Science of Finding True Fulfillment

Gregory Berns

**Satisfaction: The Science of Finding True Fulfillment** Gregory Berns

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In a riveting narrative look at the brain and the power of novelty to satisfy it, Dr. Gregory Berns plumbs fields as diverse as neuroscience, economics, and evolutionary psychology to find answers to the fundamental question of how we can find a more satisfying way to think and live.

We join Berns as he follows ultramarathoners across the Sierra Nevadas, enters a suburban S&M club to explore the deeper connection between pleasure and pain, partakes of a truly transporting meal, and ultimately returns home to face the challenge of incorporating novelty into a long-term relationship.

In a narrative as compelling as its insights are trenchant, *Satisfaction* will convince you that the more complicated and even downright challenging a life you pursue, the more likely it is that you will be satisfied.



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