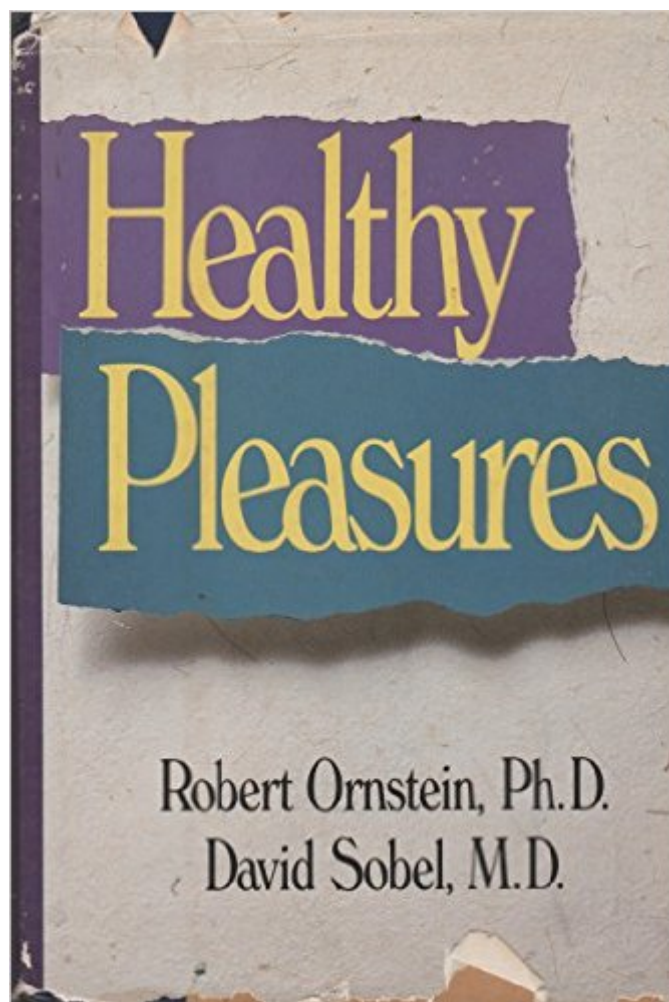


The book was found

# Healthy Pleasures



## Synopsis

Written by a physician and psychologist-brain researcher, this delightful book synthesizes the latest findings of immunobiology, genetics, and psychology to show that we have been genetically programmed to enjoy what is good for us--including sex, a big hug, a good laugh, a good cry, an occasional meal of steak and fries, and more.

## Book Information

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Product Dimensions: 1.2 x 5.8 x 8.8 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (12 customer reviews)

Best Sellers Rank: #1,543,632 in Books (See Top 100 in Books) #56 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Medicine & Psychology](#)

## Customer Reviews

Ornstein and Sobel write an entirely readable book about an important topic. Everyone knows that we need to exercise and eat right to be healthy. But not everyone knows that many of the things we ENJOY are healthy. And enjoyment ITSELF is healthy!The authors go into great detail about the different ways you can enhance your health and enjoyment and they cite research to back up what they're saying. Indulge yourself in pleasure: Music, good scents, good flavors, optimism, naps, fun, pets, good friends, etc. These are some of the healthiest things you can do.If you are interested in maintaining or improving your health AND interested in having a good time along the way, this is the book for you. I'm the author of the book, *Self-Help Stuff That Works*, and I'm an expert on what is effective and what is not. The ideas and research behind this book are important and valuable and very much worth reading.

This might be my favorite mind/body book. Through scientific research, it proves that pleasure is good for you, purpose, meaning, fun and laughter are good for you. In other words, the better your life, the better your health is likely to be. And the harder your life, the more health problems you are likely to have.This is a profoundly healing message. It tells us not to be hard on ourselves, or on

others. Not to blame ourselves or set up hundreds of hoops to jump through. That's not the way to be healthy or happy. Make your life easier and better, and good health is likely (though not guaranteed) to follow. I have used this approach in my life with multiple sclerosis, my health coaching practice and my wellness workshops for years now with wonderful results. My book, *The Art of Getting Well: Maximizing Health When You Have a Chronic Illness*, puts Sobel and Ornstein's research into practice. I remain a big fan of *Healthy Pleasures*..

I am currently re-reading this interesting book after a recent discussion involving studies -- among other things this book debunks 'medical terrorism' in which studies are used to frighten people unnecessarily. (The authors strongly encourage us to look more closely at the size and scope of studies before applying them to ourselves) However, the book covers many more topics in emphasizing the importance of pleasure, including a focus on Work that makes and keeps us slaves to industry while cutting us off from significant others in our lives. The authors aren't proponents of hedonism, but suggest that if we buy into conventional wisdom, we miss out on the joy life has to offer without any real improvement in our health or longevity.

The authors make an airtight case for a pleasurable life being healthy. This book will make you feel good, emotionally AND physically.

Great, usefull, open minded, with energy and ideas. *Healthy Pleasures* is the healthy pleasure of living without fighting with oneself.

It is regrettable that people are often led to believe that pleasure is a negative thing. This is because many people have grown up thinking that silly -- even harmful -- behavior such as getting drunk is pleasurable when the next day's hangover clearly shows that it is not. As the authors point out the real pleasures of life -- which they discuss in this book -- are actually good for people. Read this book and learn how to have healthy pleasures which make life more pleasant as well as more healthy.

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*Healthy Pleasures Delicious Dessert Recipes Under 160 Calories. Naturally, Healthy Desserts That No One Will Believe They Are Low Fat & Healthy (Diet Cookbooks, Cookbook healthy Collection)*  
*Healthy Bread Cookbook: The Top 50 Most Healthy and Delicious Bread Recipes (banana bread, bread pudding recipes, daily bread, zucchini bread, monkey bread ... bread maker) (Top 50 Healthy*

Recipes) Lunch Recipes: 30 Most Delicious and Healthy Homemade Lunch Recipes for Your Kids: (Healthy Recipes, Healthy Cooking) Recipe Book: The Best Food Recipes That Are Delicious, Healthy, Great For Energy And Easy To Make (Healthy Cooking, Easy and Healthy Recipes, Recipe Cookbooks) Renal Diet Cookbook: The Comprehensive Guide For Healthy Kidneys - Simple And Delicious Recipes For Healthy Kidneys (Healthy Eating) Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Sake: Discover the Culinary Pleasures of Sake's Long Relationship With Japanese Cuisine Pleasures of the Vietnamese Table: Recipes and Reminiscences from Vietnam's Best Market Kitchens, Street Cafes, and Home Cooks The Pleasures of Antiquity: British Collections of Greece of Rome (The Paul Mellon Centre for Studies in British Art) Tasting Whiskey: An Insider's Guide to the Unique Pleasures of the World's Finest Spirits From your heart to your home: Embrace simple pleasures, sweet comforts, awaken your creativity and satisfy your longing for home Revised Tiny Book of Mason Jar Recipes: Small Jar Recipes for Beverages, Desserts & Gifts to Share (Small Pleasures) The Ritz London Book of Afternoon Tea: The Art and Pleasures of Taking Tea Michael Field's Cooking School: A Selection of Great Recipes Demonstrating the Pleasures and Principles of Fine Cooking Organic Marijuana, Soma Style: The Pleasures of Cultivating Connoisseur Cannabis (Marijuana Tips) Month of Meals: Vegetarian Pleasures Staying Supple: The Bountiful Pleasures of Stretching TABOO EROTICA: Dirty Pleasures (Forbidden Collection) MMF: Threesome Pleasures (MMF Menage Taboo Bisexual Romance) (New Adult Contemporary MMF Menage Romance Short Stories)

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