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The Pleasure Trap: Mastering the Hidden Force That Undermines Health and Happiness

By Douglas J Lisle

Book Publishing Company (TN), 2004. DVD video. Condition: New. Language: English . Brand New Book. In this three-part lecture series, Dr. Lisle provides a fascinating new perspective on how modern life can turn so many smart, savvy people into the unwitting saboteurs of their own well-being. Based upon a recent revolution in motivational psychology, The Pleasure Trap lectures provide you with solutions for the challenges of keeping on a healthful course and how to make the most of your life. Dr. Lisle explains: * How cravings work and how to defeat them * How to live healthfully while not upsetting others who won't * How to make healthy living the easy habit of your life Chapter 1 The Pleasure Trap Chapter 2 The Path of Least Resistance Chapter 3 Getting Along without Going Along Douglas Lisle co-authored the book, The Pleasure Trap, with Alan Goldhamer, founder of the TrueNorth Health Center. The print version has sold over 25,000 copies.

Reviews

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