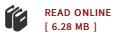




# The Pleasure Trap: Mastering the Hidden Force That Undermines Health and Happiness

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 wellbeing. 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

This is an incredible ebook which i actually have ever go through. This can be for those who statte that there had not been a really worth reading. I am just quickly can get a delight of reading a published book.

-- Ms. Colleen Ziemann V

This published publication is wonderful. Of course, it is actually engage in, still an interesting and amazing literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Vickie Wolff

## Relevant Kindle Books



Children's Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Children s Handwriting Book of Alphabets and Numbers provides extensive focus on alphabet tracing and number tracing for the...



### The Adventures of Sheriff Williker: /Book 1: The Case of the Missing Horseshoe

Createspace, United States, 2014. Paperback. Book Condition: New. Kim Hansen (illustrator). large type edition. 216 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. A missing horseshoe for a prize winning horse.a set of mysterious footprints.suspicious looking characters....



#### The Garden After the Rain: Bedtime Story and Activity Book for Children 4-8 Years

Partridge Publishing, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\*
Print on Demand \*\*\*\*\*. The book - The garden after the rain is a collection of 31 value based stories for children 4-8 years. It...



#### Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. Children's Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



#### The Hen Who Wouldn t Give Up

Egmont UK Ltd, United Kingdom, 2014. Paperback. Book Condition: New. Paul Howard (illustrator). Reprint. 196 x 128 mm. Language: English. Brand New Book. A heart-warming story about a hen with as much pluck as she has cluck from the author of...



#### Being Nice to Others: A Book about Rudeness

Baker Publishing Group, United States, 2016. Paperback. Book Condition: New. 203 x 203 mm. Language: English. Brand New Book. Stories to Encourage Positive Behavior in Small Children The preschool and kindergarten years are some of the most important formative years of