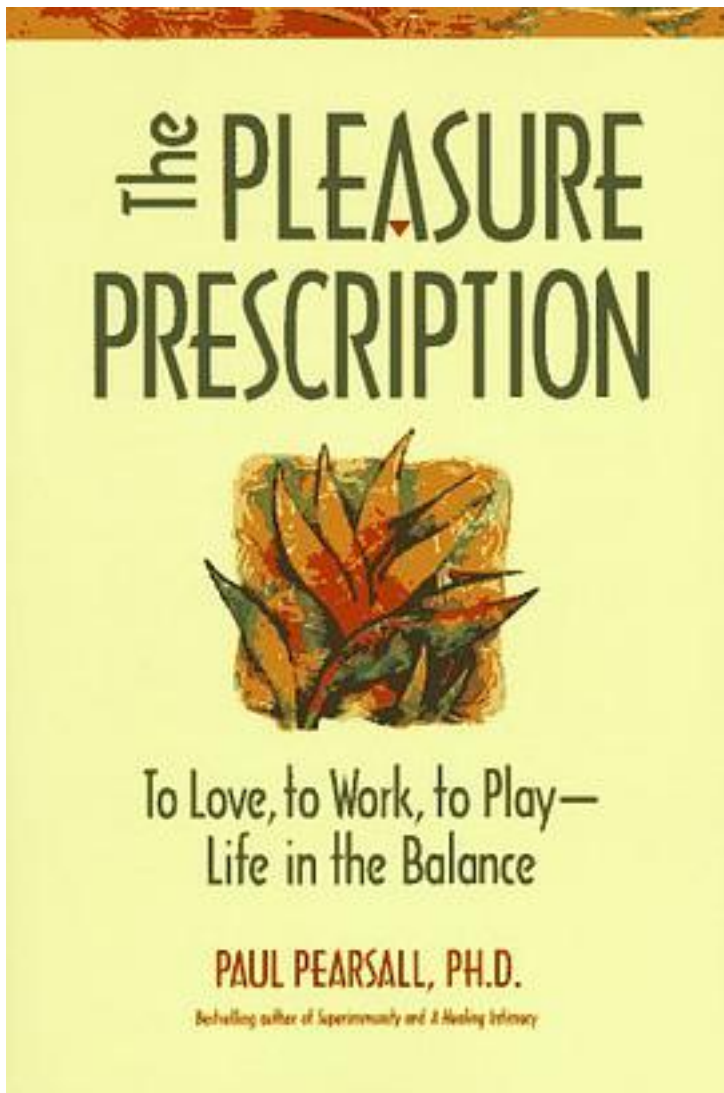


The Pleasure Prescription



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著者:Pearsall, Ph.D. Paul

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Current wisdom dictates that anything that tastes, smells, or feels good can't be good for us. But pleasure is the way to health, not a temptation away from it. In The Pleasure Prescription, Pearsall gives the antidote for "delight dyslexia," his name for misreading of intensity for joy, accomplishment for worth, busyness for connection, and excitement for love.

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