

Healthy Pleasures

By Robert Ornstein
and David Sobel

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Using the latest research in medicine, biology and psychology, the authors — a renowned brain researcher and a leading expert in preventive medicine — propose a new way to manage health, with less effort and more fun. The key is the Pleasure Principle — nature's way of alerting us that what we enjoy is likely to be good for us. The simple pleasures you can get from a hug, from watching your favorite team play well, from a good laugh or even from a three-hankie movie — these are all experiences that science now tells us have a positive effect on our ability to ward off disease. And the occasional meal you love but are afraid to eat — say, steak, french fries and a glass of wine — isn't nearly as lethal as you have been led to believe.

On a deeper level, helping another person, or engaging in philanthropy at any level, may actually lengthen your life. Most important of all, your positive approach to yourself and to the world is more significant in the long run than all the fitness programs and diets you undertake.

— from the publisher

"Good news for all those devoting their lives to the search for health. Sobel and Ornstein dispel the myths associated with simple pleasures through careful documentation of the actual health benefits of enjoying life as you like it. There's not a trace of Pollyanna here, just good scholarship that supports a welcome balance in our view of health and how to achieve it." — Lowell S. Levin, Yale University School of Medicine

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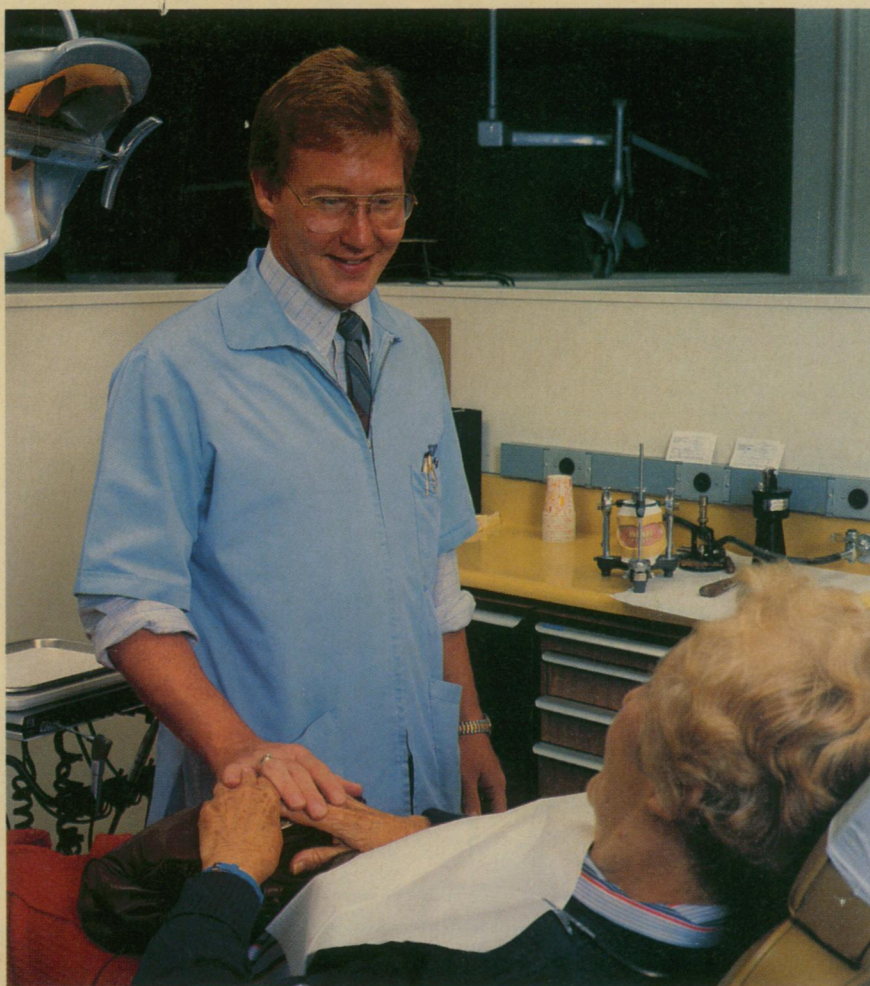
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