



The Pleasure Trap: Mastering the Hidden Force that Undermines Health & Happiness

Douglas J. Lisle and Alan Goldhamer

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This startling book focuses on a problem that permeates modern life: that the abundance and ease of 21st century living is a mixed blessing. The authors offer unique insights into the motivational factors that make us susceptible to dietary and lifestyle excesses, and present ways to restore the biological processes designed by nature to keep us running at maximum efficiency and vitality.

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