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The Pleasure Zone: Why We Resist Good Feelings and How to Let Go and Be Happy

Stella Resnick

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In The Pleasure Zone, noted psychotherapist Stella Resnick links feeling good about ourselves, good physical health, emotional fulfillment gratifying sex, and positive aging to our ability to fully enjoy what she identifies as "the eight core pleasures". Each pleasure is examined in detail, as Resnick explores the ways we deny ourselves that pleasure as well as its connection to our health and well-being and to our Interpersonal relationships. With inspiring stories of real people who have learned how to access these pleasures, each chapter concludes with a set of personal experiments designed to help readers to experience pleasure more completely. The Pleasure Zone is designed to help anyone achieve a lifestyle based on positive motivation, spiritual nourishment and loving relationships.

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