

Pleasure Trap, the: Mastering the Hidden Force that Undermines Health and Happiness

By Douglas J. Lisle

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The authors offer unique insights into the 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.

A wake-up call to even the most health conscious people, The Pleasure Trap boldy challenges conventional wisdom about sickness and unhappiness in today's contemporary culture, and offers groundbreaking solutions for achieving change. Authors Douglas Lisel, Ph.D., and Alan Goldhamer, D.C., provide a fascinating new perspective on how modern life can turn so many smart, savvy people into the unwitting saboteurs of their own well-being.

Inspired by stunning original research, comprehensive clinical studies, and their successes with thousands of patients, the authors construct a new paradigm for the psychology of health, offering fresh hope for anyone stuck in a self-destructive rut. Integrating principals of evolutionary biology with trailblazing, proactive strategies for well

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Editorial Review

Review
"A must read for anyone interested in making healthier choices."

From the Inside Flap
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Inspired by stunning original research, comprehensive clinical studies, and their successes with thousands of patients, the authors construct a new paradigm for the psychology of health, offering fresh hope for anyone stuck in a self-destructive rut. Integrating principals of evolutionary biology with trailblazing, proactive strategies for wellness, they argue that people who are chronically overweight, sick and ailing, or junk food junkies aren't that way because they're lazy, undisciplined, or stuck with bad genes. The authors reveal that most are victims of a dilemma that harkens back to our prehistoric past-"the Pleasure Trap."

Drs. Lisle and Goldhamer then call upon their clinical experience, scientific investigations, and a recent revoution of understanding in human motivational psychology to provide you with solutions for the challenges of keeping on a healthful course-and how to make the most of your life.

Users Review

From reader reviews:

Thomas Bedwell:

The experience that you get from Pleasure Trap, the: Mastering the Hidden Force that Undermines Health and Happiness may be the more deep you looking the information that hide into the words the more you get serious about reading it. It does not mean that this book is hard to comprehend but Pleasure Trap, the: Mastering the Hidden Force that Undermines Health and Happiness giving you thrill feeling of reading. The writer conveys their point in certain way that can be understood by simply anyone who read that because the author of this book is well-known enough. That book also makes your vocabulary increase well. It is therefore easy to understand then can go with you, both in printed or e-book style are available. We propose you for having this Pleasure Trap, the: Mastering the Hidden Force that Undermines Health and Happiness instantly.

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Robert Baxter:

Pleasure Trap, the: Mastering the Hidden Force that Undermines Health and Happiness can be one of your beginning books that are good idea. Most of us recommend that straight away because this guide has good vocabulary which could increase your knowledge in vocab, easy to understand, bit entertaining but still delivering the information. The article writer giving his/her effort to get every word into joy arrangement in writing Pleasure Trap, the: Mastering the Hidden Force that Undermines Health and Happiness but doesn't forget the main point, giving the reader the hottest along with based confirm resource facts that maybe you can be among it. This great information could drawn you into brand-new stage of crucial pondering.

Patty Scheuerman:

The book untitled Pleasure Trap, the: Mastering the Hidden Force that Undermines Health and Happiness contain a lot of information on the idea. The writer explains the woman idea with easy technique. The language is very clear and understandable all the people, so do not worry, you can easy to read the idea. The book was written by famous author. The author gives you in the new period of time of literary works. You can easily read this book because you can continue reading your smart phone, or product, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can open their official web-site along with order it. Have a nice learn.

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