



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

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 boldly challenges conventional wisdom about sickness and unhappiness in today's contemporary culture, and offers groundbreaking solutions for achieving change. Authors Douglas Lisle, 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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