



# The Power of Pleasure: Maximizing Your Enjoyment for a Lifetime

*Douglas Weiss*

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# **The Power of Pleasure: Maximizing Your Enjoyment for a Lifetime**

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## **The Power of Pleasure: Maximizing Your Enjoyment for a Lifetime** Douglas Weiss

This fascinating book will take you on the ride of a lifetime. Douglas Weiss explains how you're incredibly designed for pleasure—with your own very unique pleasure palate and a discoverable pleasure hierarchy. You may be a classic “under-pleaser” or “over-pleaser,” but within these pages, you can be transformed into a *balanced* pleaser. You can give and receive joy every day that you breathe once you harness the Power of Pleasure.

You *deserve* to have this power work for you in your life, and as you read, you'll learn how you can also overcome unwanted behaviors utilizing happiness as a reward. You can create your very own personal pleasure calendar, too.

With the levels of stress prevalent in today's world, you really need and deserve more love, peace, and relaxation in your life than you're presently receiving. In your hands is the roadmap to make your life more fun joyous from today until . . . forever!



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