

<<还我快乐>>

图书基本信息

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内容概要

What's your pleasure? However you define it, pleasure is vital to every woman's life--to your life especially in today's hard-driving, hard working society. Yet most women have lost sight of their vital need for pleasure, and feel guilty for taking even ten minutes for themselves- they don't want to seem self-indulgent, or they can't afford the time, or they're too busy taking care of other people instead of themselves. For your own sake and ultimately for your loved ones it's high time you dropped the guilt and took back your pleasure. In *It's My Pleasure*, Maria Rodale, the dynamic leader of a powerful lifestyle corporation who successfully revolutionized her own business, and Maya Rodale, her talented writer daughter, show you how to create a pleasure revolution in your own life--to stop hiding your pleasure and incorporate it fully into everything you do, no matter what your age, situation, or religious background. In the Rodales' exciting vision of every woman's potential, pleasure is not a simple, momentary experience to be segregated into a few minutes a day. It's endemic to women's bodies, minds, and experiences on Earth. And it's essential for your health and success.

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书籍目录

INTRODUCTIONSECTION ONE: What's Your Pleasure? First, Find Yourself 1. GO TO YOUR ROOM: Pleasure starts The pleasure of Sundays--Maria in the quiet of your own heart A bed~office~dining~living room of my own--Maya DO IT: Be alone in your room for two uninterrupted hours LIST: Top ten things to do alone in your room IN HER OWN VOICE: Georgia O'Keeffe PLEASURE REVOLUTIONARY: Georgia O'Keeffe 2. USE YOUR FEAR AS YOUR GUIDE: Pleasure may seem scary at first, but it doesn't bite Facing my faux fears--Maria A life lived in fear Is a life half lived--Maya DO IT: Make a list of your fears and tackle one of them LIST: Things we thankfully don't have to be afraid of anymore United States, anyway N HER OWN VOICE: Nancy Drew PLEASURE REVOLUTIONARY Nancy Drew, girl detective 3. BE CURIOUS: Pleasure appears when you search for it Tell me why--Maria Pan d o ra's "box "--Maya DO IT: Research something you are curious about LIST: The questions we asked ourselves which led to us writing this book IN HER OWN VOICE: Dr. Helen Fisher PLEASURE REVOLUTIONARY: Helen Fisher, doctor of love 4. DISCOVER WHAT YOU LIKE AND DON'T LIKE: Pleasure is personal The long and torturous process of finding out--Maria You don't have to like it. Just try it--Maya DO IT: Make a list of everything you really like and really don't like LIST: Ten things worth trying IN HER OWN VOICE: Veronica Franco PLEASURE REVOLUTIONARY: Veronica Franco--The sacred prostitute 5. EXAMINE YOUR RELIGION: Pleasure is embedded in the roots of all religions, but threatened in the translation Losing my religion, finding my faith--Maria What's so funny about peace, love, and understanding--Maya DO IT: Pretend you had to create your own religion LIST: Six things religion got right IN HER OWN VOICE: Riane Eisler PLEASURE REVOLUTIONARY: Riane Eisler, professor of pleasure 6.UNDERSTAND OUR LONG AND ILLUSTRIOUS TRADITION Pleasure is ancient How my paradigm changed--Maria Taking off the corset--Maya DO IT: Delve into our common history LIST: Seeing our holidays in a new light IN HER OWN VOICE: Mary Magdalene PLEASURE REVOLUTIONARY: Mary Magdalene 7.ENJOY YOUR BODY: Pleasure starts inside of you From shame and guilt to acceptance~Maria Bodily fictions--Maya DO IT: Sleep naked.....IN THE ENDACKNOWLEDGMENTSINDEX

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