



The Seven Sources of Pleasure in Life: Making Way for the Upside in the Midst of Modern Demands

Luciano L'Abate

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All of us look for happiness, well-being, and positivity throughout our lives, but for most people these goals are abstract and the processes established to achieve them ambiguous. *The Seven Sources of Pleasure in Life: Making Way for the Upside in the Midst of Modern Demands* focuses attention upon the concrete, specific, and everyday sources of pleasure that are within the grasp of almost everyone.

Prolific author Luciano L'Abate, PhD, ABEPP, examines at all kinds of pleasures, investigating where we find them, why they appeal to us, and what benefits they provide in terms of both mental and physical health. He explains how to increase our sensitivity to everyday opportunities for pleasure, and then gives tangible techniques to focus upon these moments in order to fully experience them. The author employs personal memories from his childhood in Italy, more recent stories from his travels abroad, and the findings of most recent scientific research on the benefits of pleasure-seeking to further illustrate his points.

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