

The Hedonism Handbook Mastering Lost Arts Of Leisure And Pleasure Michael Flocker

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The Hedonism Handbook Mastering Lost

Made up of ten worldly wise chapters arranged to form a journey for the reader-a path from the straight-and-narrow into wide-open fields of frivolity-The Hedonism Handbook will help readers master the lost arts of leisure and pleasure. It provides an entertaining, yet (if you're not careful), life-changing read.

The Hedonism Handbook: Mastering The Lost Arts Of Leisure ...

In the age of Oprah, Dr. Phil, and countless other self-help disciplinarians, indulging in any kind of pleasurable pastime is on the brink of extinction. But it's not too late to revive those lost pleasures that make life worth living. The Hedonism Handbook can help put the three-martini lunch, the baguette with real butter, the deep tan, the unfiltered cigarette, or the s.

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Book Overview. In the age of Oprah, Dr. Phil, and countless other self-help disciplinarians, indulging in any kind of pleasurable pastime is on the brink of extinction. But it's not too late to revive those lost pleasures that make life worth living. The Hedonism Handbook can help put the three-martini lunch, the baguette with real butter, the deep tan, the unfiltered cigarette, or the simple act of lying in a hammock under the stars back within our grasp.

The Hedonism Handbook: Mastering the... by Michael Flocker

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The hedonism handbook : mastering the lost art of leisure and pleasure by Flocker, Michael, 1963-Publication date 2004 Topics Hedonism, Popular culture -- Miscellanea, Hedonism, Popular culture Publisher Cambridge, MA : Da Capo Press Books Collection inlibrary; printdisabled; internetarchivebooks; china

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The Hedonism Handbook does help one prepare for their time away from the rat race that so many of us are trying to beat only to be lose. This little handbook tells us that it is time to take a break from work, the people we associate with all the time, and let ourselves explore the other side of us that is desperate to come out.

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