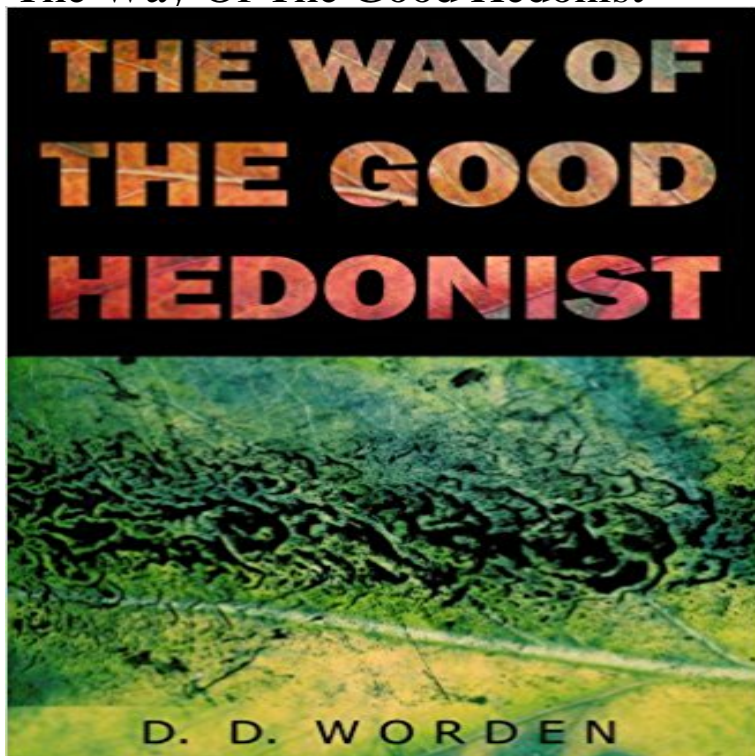


## The Way Of The Good Hedonist



This book isn't about hedonism as its normally thought of, but rather its a complete re-envisioning that expands, upturns, and transforms it into something altogether different. And it does so from the simple observation that the full spectrum of what is pleasurable goes way beyond the mere sensual thrills that are normally associated with hedonism. Pleasure includes everything from the simple pleasure of a job well done, to our highest, deepest, and most profound states. If every kind and source of pleasure is included, then we all are hedonists, animated by our natural drive toward pleasure and away from suffering. And through that simple insight we can better understand and serve ourselves. Not by indulgence, but by developing skill at both generating pleasure and dealing with suffering. That is exactly what this book tries to provide. Its both a very practical self-help book and a challenge to ones ideas of self, reality, and the Universe we live in. The goal is more than just pleasure, because there is a point where pleasure transcends itself and leads to the full embrace and flowering of our existence and truth. Pleasure may have humble beginnings but its breadth and height stretches far beyond all we know, to deep within the grand mystery at the heart of everything.

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