

IN PRINT

The Pleasure Zone

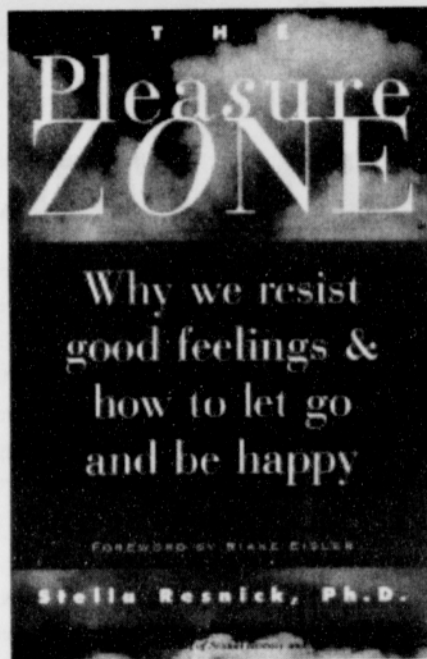
Why we resist good feelings & how to let go and be happy

(Conari Press; 1997)

While recent works by Depak Chopra, Bernie Siegel, and Joan Borysenko discuss the benefits of pleasure, their writings have been concerned mostly with positive mental attitudes and visualizations. The Pleasure Zone takes the exploration of a healthy mind and body in a different direction by addressing the fear of pleasure as a critical factor in undermining our mental well-being and physical health. Dr. Resnick explains that the ability to fully enjoy eight core pleasures – primal, pain relief, play and humor, mental, emotional, sensual, sexual, and spiritual – is essential to posi-

tive self-image, good physical health, emotional fulfillment, and gratifying sex.

The comprehensive experiential programs for pleasure-enhancement that the book offers include body-awareness, breathing methods, and sensuality and sexuality exercises that aid in developing skills for letting go of pain and negativity and embracing pleasure and positive attitudes. The Pleasure Zone also



includes inspirational stories about people who have learned to access their core pleasures, and personal growth surveys at the end of each chapter offer the reader opportunities to examine their own mental and

physical habits that prevent them from experiencing pleasure.

This groundbreaking work will forever change the role of pleasure in daily life and open new doors to personal happiness.

Breaking the Chain of Low Self-Esteem

(Wolf Publishing; 1998)

By MARILYN J. SORENSEN, Ph.D.

Finally, a book that fully illuminates the experience of low self-esteem: the fear and the anxiety, the self-doubts and self-criticism, the self-defeating behaviors, and the insecurity in relationships and careers. If you have low self-esteem, this book is about you and for you.

Many people now identify low self-esteem as one source of their struggles. Teachers and parents seeking to explain children's problems have frequently labeled the enemy low self-esteem. Magazines and newspapers, recognizing the recent surge of interest, have featured articles about how low self-esteem affects both children and adults. With information more readily available, people are beginning to understand the many ways low self-esteem influences their behavior and impinges on their lives, although few grasp its full impact.

Addressing the five points below, this book will give you a fresh approach to gaining peace and satisfaction in your life.

This book will address this formidable foe-low self-esteem in five ways.

You will acquire a vivid picture of exactly

what low self-esteem—in five ways.

You will learn the various ways self-esteem plays out on a daily basis and discover how it interferes with, and negatively impacts, nearly every aspect of life. You will increase your awareness of how low self-esteem may presently be affecting your own choices and actions.

You will develop an understanding of the basic dysfunctional behavior patterns common among those with low self-esteem.

You will recognize that there is hope in alleviating the effects of low self-esteem.

You will receive direction on how to begin to tackle the problem.

Breaking Chain Low Self-Esteem

Need a D.J.?

Tired of the same old style of music?

Let Reggae Mobile D.J. come and liven up your guests!!

R & B • REGGAE

Call Roy 503-282-9062

PARTIES • WEDDINGS • ANNIVERSARIES • ETC

Coolio Presents Crowbar Tour

COOLIO • D.V.S. • KRAZY KHROME

LIVE IN CONCERT AT ROSELAND JUNE 2

And also have a chance to meet Coolio and the Crowbar artists at a special autograph session @ Sam Goody (LLOYD Center) @ 11am.

In celebration of Black Music Month

AND pick up "Coolio's Crowbar Records Presents..." album. In Stores JUNE 15

Presented By:

JAMMIN 93.5 **The Portland Observer** **Galore Paging** **TOTALLY DYNAMIC, LTD.**

Ticket Available Through Fastixx • (503) 224-8499