

*'As I receive
pleasure so too
does the world
receive pleasure
through me.'*

– Tantric saying

Pleasure is the ultimate health tonic! It's now been scientifically proven that our body's natural feel-good chemicals and euphorics keep us juicy, our skin elastic, organs flushed, memories well oiled, and our hormones in balance. In a world increasingly absorbed with wellness and healthy ageing, pleasure should be considered an essential not a luxury.



*'A fantastic read. Full of stimulating, practical ideas.
A book I would highly recommend.'*

Dr Martin Hartmann