



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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This book examines a seemingly simple and absolutely essential topic: learning how to enjoy every aspect of your life on a daily basis.

- A great variety of references, ranging from *The New Yorker* to *The Economist*
- Exercises within some chapters and at the end of every chapter guide readers towards greater understanding
- Five tables provide valuable supplemental information
- Bibliographic notes are supplied with every chapter

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