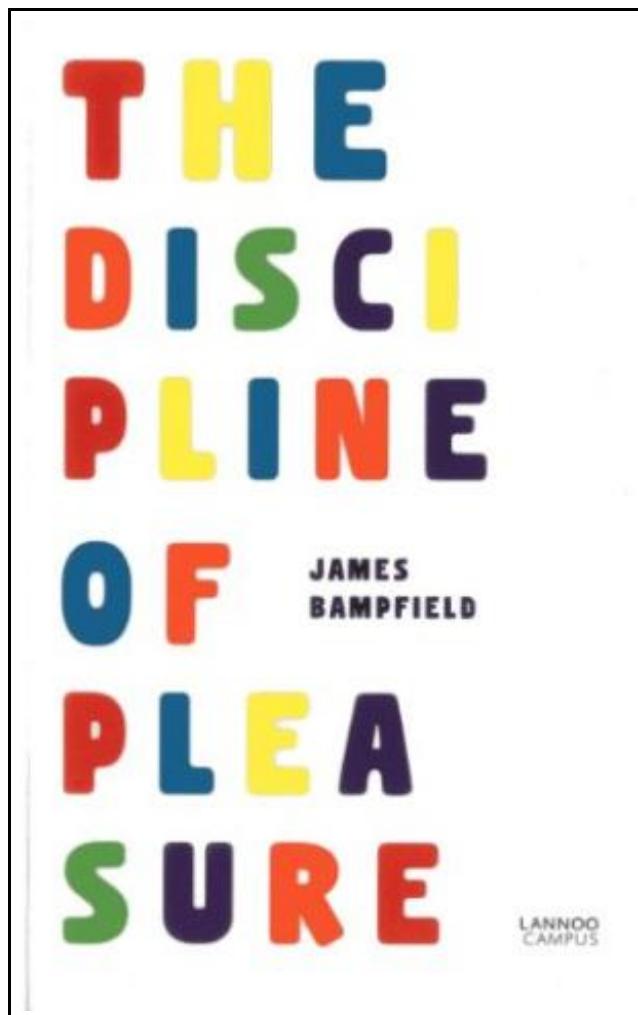


The Discipline of Pleasure



Filesize: 3.47 MB

Reviews

This type of publication is every thing and got me to seeking in advance plus more. I was able to comprehended every thing out of this created e ebook. I am easily could possibly get a satisfaction of reading a created ebook.
(Sonya Koss)

THE DISCIPLINE OF PLEASURE

[DOWNLOAD](#)

Lannoo. Paperback. Book Condition: new. BRAND NEW, The Discipline of Pleasure, James Bampfield, In The Discipline of Pleasure, philosopher and change-management consultant James Bampfield calls for a new approach to living, one that is centred on finding pure enjoyment in life, joy in living. Critically reflecting on the work of thinkers such as Jeremy Bentham, Epicurus, Buddha and Freud, he suggests that we move away from the 'rigid truth perspective', characterised by either a focus on duty and obligation or on suffering and sacrifice, towards a more personalised way of looking at the world, one that values pleasure as a means to a happier existence. His philosophy is that to be really happy, we need to accept the need for pleasure into our lives; suggesting that it is a fundamental element of our internal world, universally recognisable, offering us an immediate and tangible 'compass' by which to live. We say that we are happy, often without thinking too deeply; we struggle however, to acknowledge that we are experiencing pleasure, we seem to find the concept of joy more difficult to define. Yet, the pursuit of pleasure is undeniably a postmodern concept and entirely relevant for today's society; the 'me-generation' is endlessly searching for the route to pleasure. Finding joy however, on a meaningful level in a consumerist world, with superficial distractions requires self-discipline, as well as truthful reflection and a developing awareness into what really offers the potential for pleasure. In his Pleasure Typology, which outlines different levels of pleasure - ego pleasure, simple pleasure, soul pleasure and spirit pleasure - Bampfield suggests that the real source of pleasure in life may involve loving and serving others; simply changing the way we think about happiness, may have the potential to lead to greater self-fulfilment and a more self-aware, ethically conscious...

[Read The Discipline of Pleasure Online](#)[Download PDF The Discipline of Pleasure](#)

Other Kindle Books

**The Adventures of Sheriff Williker: /Book 1: The Case of the Missing Horseshoe**

Createspace, United States, 2014. Paperback. Book Condition: New. Kim Hansen (illustrator). large type edition. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.A missing horseshoe for a prize winning...

[Download eBook »](#)**The Picture of Dorian Gray: A Moral Entertainment (New edition)**

Oberon Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Picture of Dorian Gray: A Moral Entertainment (New edition), Oscar Wilde, John Osborne, The Picture of Dorian Gray is a stage adaptation of Oscar Wilde's...

[Download eBook »](#)**Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities**

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso's groundbreaking and trusted guide on bullying—including cyberbullying—arms parents...

[Download eBook »](#)**A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half**

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.The ultimate learn-by-doing approachWritten for beginners, useful for experienced developers who want to...

[Download eBook »](#)**Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel's System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers**

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download...

[Download eBook »](#)