



The Power of Joy: How the Deliberate Pursuit of Pleasure

Christiane Northrup M.D.

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"When you move toward that which is most fulfilling and life-enhancing—with joy and pleasure—healing follows."

— Christiane Northrup, M.D.

Life is meant to be joyous! We are pleasure-seeking creatures by nature. Joy makes you younger, smarter, more intuitive, and healthier . . . with better hormonal balance and immune-system functioning. Joy even positively affects your metabolism.

On this CD program, you'll find your ten-step prescription for bringing joy into your life every day. Overcome habitual patterns of negative thinking, guilt, and pain; and use intention to evoke the power of joy right now!

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