



The Hedonism Handbook: Mastering The Lost Arts Of Leisure And Pleasure

Michael Flocker

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In the age of Oprah, Dr. Phil, and countless other self-help disciplinarians, indulging in any kind of pleasurable pastime is on the brink of extinction. But it's not too late to revive those lost pleasures that make life worth living. The Hedonism Handbook can help put the three-martini lunch, the baguette with real butter, the deep tan, the unfiltered cigarette, or the simple act of lying in a hammock under the stars back within our grasp. A tongue-in-cheek, satirical guide to the "good" life, The Hedonism Handbook will help us reclaim it all. With his characteristic wit, author Michael Flocker combines humorous reviews of historical excesses, suggestions for everyday indulgences, lists of hedonistic icons with famous quotes and earnest warnings about the perils of structured living. Made up of ten worldly wise chapters arranged to form a journey for the reader—a path from the straight-and-narrow into wide-open fields of frivolity—The Hedonism Handbook will help readers master the lost arts of leisure and pleasure. It provides an entertaining, yet (if you're not careful), life-changing read.

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