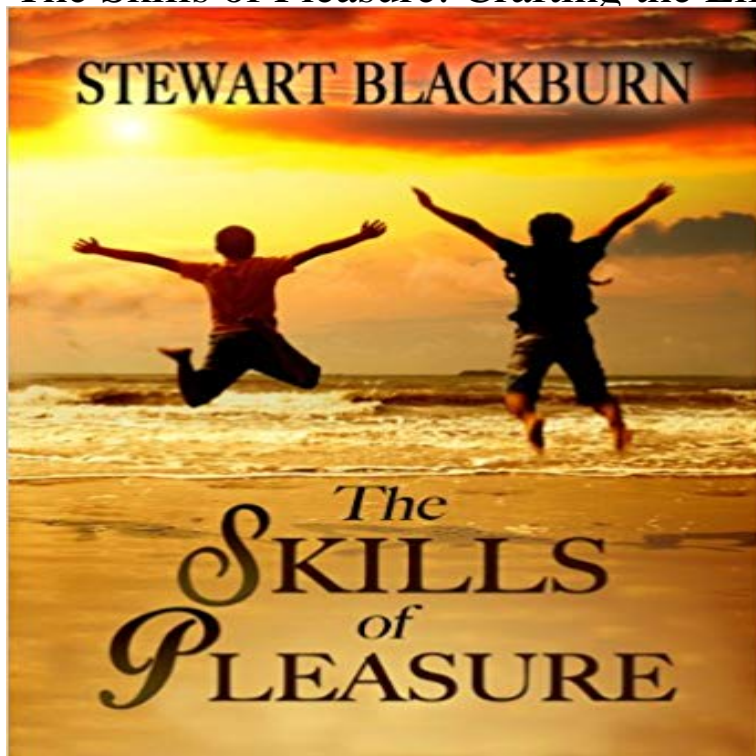


## The Skills of Pleasure: Crafting the Life You Want



Ah, sweet pleasure!!! We all want more of it, but do we really know what it takes to get it? This book is about the hidden facets of pleasure and the skills it takes to find the greatest pleasures of life. With great depth of understanding and humor, Mr. Blackburn takes us on a trip through our own psyches finding the buried delights and those places where we pinch our pleasures off. With lots of useful exercises and the wisdom of the ages, this is a book for those who truly want to get good at feeling great. In his book, Skills of Pleasure, Stewart Blackburn brings together a wealth of ideas and techniques about pleasure that, as far as I know, have never been made available in one place before this. - Serge Kahili King, Ph.D., author of Urban Shaman. Stewart Blackburn has devoted many years to the study of pleasure and how its pursuit can be a form of spiritual practice. Whether you're interested in spirituality or not, The Skills of Pleasure, his wise and insightful book, will provide you with an array of techniques for leading a happier and more satisfying life. Mark Michaels and Patricia Johnson, authors of Great Sex Made Simple, Tantra for Erotic Empowerment, and The Essence of Tantric Sexuality

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