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# HIGH: 6 PRINCIPLES FOR GUILT-FREE PLEASURE AND ESCAPE



Hazelden Information & Educational Services. Paperback. Book Condition: new. BRAND NEW, High: 6 Principles for Guilt-Free Pleasure and Escape, Jodie Gould, Explore our universal human need to feel good, to escape, or to feel high and examine what these altered states look like in the brain. Plus discover the six pleasure principles that can provide you with the most natural and long-lasting highs. All creatures naturally seek pleasure and avoid pain. And when just feeling okay isnAEt enough, people (and...

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- Authored by Jodie Gould
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