

**Healthy Pleasures** (Saturday, 8:00 PM)  
**Behavior Change Made Simpler** (Sunday, 5:00 PM)  
**Stress: Avoid, Cope, or Embrace?** (Wednesday, 1:00 PM)  
**Rx: Healthy Sex** (Thursday, 1:00 PM)

**David S. Sobel, MD, MPH**  
 Adjunct Lecturer, Stanford University School of Medicine  
 Former Director of Patient Education and Health Promotion  
 The Permanente Medical Group, Inc.  
 Kaiser Permanente Northern California  
[sobeldavid@gmail.com](mailto:sobeldavid@gmail.com)

**All in Olmeca**

Stanford MEDICINE  
 KAISER PERMANENTE thrive

4

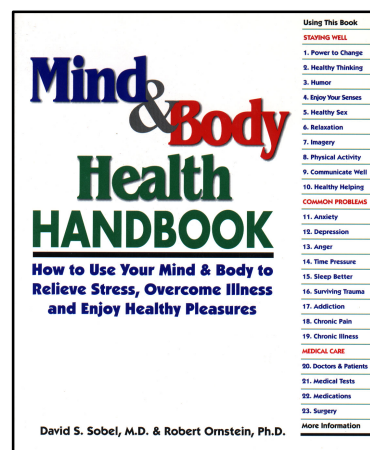
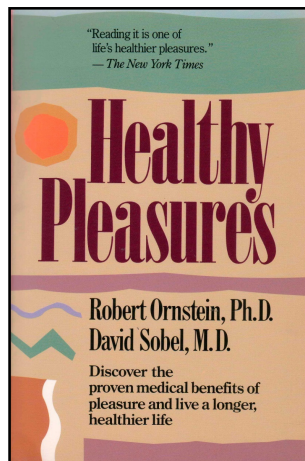
## Video Lectures by David S. Sobel, MD, MPH

### Healthy Pleasures: The New Science of Happiness

<https://youtu.be/8rTkDWe0Zec>

### Behavior Change and Beyond Video Lecture

<https://youtu.be/Ypq16SjZWY>



## RESOURCES

- Ben-Shahar, Tal: *Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment*. 2007
- Boronson, Martin: *One Moment Meditation*. 2009.
- Brody S. The relative health benefits of different sexual activities. *J Sex Med* 2010.
- Crum A, et al (2013) Rethinking stress: The role of mindsets in determining stress response. *Journal of Personality and Social Psychology* 104(4):716-33.
- Davey Smith G, Frankel S, Yarnell J. Sex and death: are they related? *BMJ* 1997;315(7123):1641-44
- Diamond L. Is sex good for you? *Soc Person Psych Compass*, 2012.
- Diener, Ed and Biswas-Diener, Robert. (*Happiness: Unlocking the Mysteries of Psychological Wealth*. 2008.
- Dunn EW, Akmin LB, Norton MI. (2008). Spending money on others promotes happiness. *Science*, 319,1687-89
- Emmons, RA. *Thanks!: How the New Science of Gratitude Can Make You Happier*. 2007
- Findings from the Caerphilly cohort study. *BMJ* 1997;315:1641–5.
- Fogg, BJ: [www.bjfogg.com/](http://www.bjfogg.com/) <http://TinyHabits.com>
- Heath, Chip and Dan: *Switch: How to Change When Change is Hard.*, 2010.
- Lorig K, Sobel DS, et al: *Living a Healthy Life with Ongoing Health Conditions*, Bull Pub, 2013
- Lyubomirsky, S. *The How of Happiness*. 2008
- Lyubomirsky, S. *The Myths of Happiness: What Should Make You Happy, but Doesn't, What Shouldn't Make You Happy, but Does*. 2013
- McGonigal, K: *The Upside of Stress: Why Stress Is Good for You, and How to Get Good at It*. 2015.
- McGonigal, Kelly. *The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It*. 2011.
- Ornstein, Robert and Sobel, David: *Healthy Pleasures*. 1989.
- Ornstein, Robert and Sobel, David: *The Healing Brain*. 1987.
- Pennebaker, James W. *Opening Up: The Healing Power of Confiding in Others*. 1997.
- Seligman, Martin: *Flourish*. 2011.
- Sobel, David and Ornstein, Robert: *The Healthy Mind, Healthy Body Handbook* (also published under the title *The Mind&Body Health Handbook*), Los Altos, CA: DRx 1996.
- Wiseman, Robert: *59 Seconds: Think a Little, Change a Lot*. 2009.