



Healthy Pleasures

- ❑ **Healthy Pleasures** (Saturday, 8:00 PM)
- ❑ **Behavior Change Made Simple(r)** (Sunday, 4:00 PM)
- ❑ **Stress: Avoid, Cope, or Embrace?** (Monday, 4:00 PM)
- ❑ **Rx: Healthy Sex** (Tuesday, 8:00 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

All sessions
in Olmeca



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

Fogg, BJ: *Tiny Habits: The Small Changes that Change Everything*, 2020. And free online, 5-day program at: <http://TinyHabits.com>

Kleinplatz, PJ and Menard AD: *Magnificent Sex: Lessons from Extraordinary Lovers*, Routledge, 2020.

Harvey, Shannon: *My Year of Living Mindfully*, Hachette, 2020.

Heath, Chip and Dan: *Switch: How to Change When Change is Hard.*, 2010.

Lorig K, Sobel DS, et al: *Living a Healthy Life with Chronic Conditions*, 5th edition. Bull Pub, 2020.

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*), 1996.

Wiseman, Robert: *59 Seconds: Think a Little, Change a Lot*. 2009.

Video Lectures by David S. Sobel, MD, MPH

[Healthy Pleasures: The New Science of Happiness](https://youtu.be/8rTkDWe0Zec)

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

[Behavior Change and Beyond Video Lecture](https://youtu.be/Ypql16SjZWY)

<https://youtu.be/Ypql16SjZWY>

