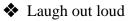
Simple Pleasures

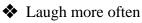


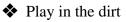
Dr. Inez Bracy

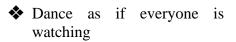
Copyright © 2011 Dr. Inez Bracy. All rights reserved. Printed in the United States of America. The Bracy Group. Simple Pleasures are doing those little things that make your heart sing, laugh out loud, let your light shine and spread joy to everyone you meet.

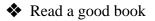
"Variety is the soul of pleasure."~ APHRA BEHN, The Rover

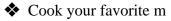






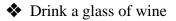






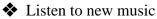
"Pleasure is Nature's test, her sign of approval."~ OSCAR WILDE

,



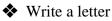


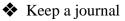
♦ Listen to your favorite music



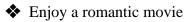


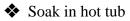
♦ Write a poem

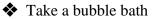


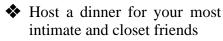


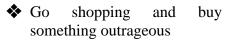
"Pleasure is the Divine seasoning in the diet of life."~ LEWIS F. KORNS

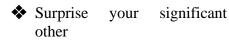


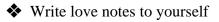




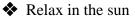








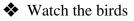


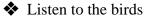


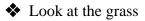
"They that seldom take pleasure, seldom give pleasure."~ FULKE GREVILLE

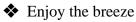


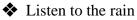
♦ Get sand between your toes



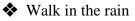




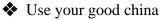




"Pleasure is an affection of the soul..."~ ARISTOTLE

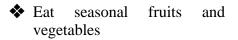


✤ Take a walk

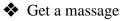


♦ Use your good silver

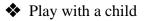
♦ Use your good stemware

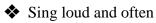


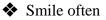
"Life ...contains pleasure in itself."~ ARISTOTLE



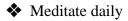
- Style your hair differently
- ♦ Do a makeup makeover



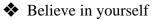


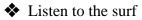


"Why not seize pleasure at once?"~ JANE AUSTEN

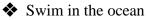




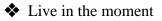








"Man's sole duty is to produce as much pleasure as possible."~ SUSAN HUBBARD

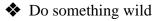




Create your own joy



Surround yourself with beauty

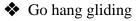


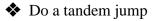
- Discover your passion
- Unveil your hidden talents

"Pleasure is a harmony..."~ HERBERT MAXWELL







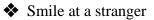


✤ Love unconditionally

Speak loving words to yourself

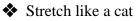
"Pleasure is life, and pain is death."~ MINOT JUDSON SAVAGE

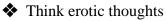




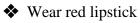
Masturbate while moon bathing

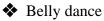
Put a sway in your walk



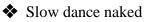


"Anticipation of pleasure is, in itself, a very considerable pleasure."~ DAVID HUME





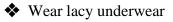






- \clubsuit Have sex on the beach
- ✤ Ride a motorcycle

"For pleasures past I do not grieve, nor perils gathering near..."~Lord Byron



- ♦ Do NOT underwear
- ✤ Go skinny dipping

♦ Wear red pumps

♦ Wear leather

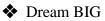


♦ Wear animal print

"The greatest pleasure in life is doing what people say you cannot do."~ Walter Bagehot

\clubsuit Walk barefoot in the grass

♦ Exercise daily



Inez Bracy, Health, Wellness, Lifestyle Coach Award Winning Author, TV Show Host walks her talk by training and coaching others how to find what constitutes living passionately, joyfully and fully. As the creator of Rejuvology—the science and art of transforming your life, Inez expertly empowers you to burst through your limiting beliefs and live the life you yearn for.

"Sometimes people of experience know what doesn't or no longer works for them" says Dr. Inez. Many of my clients seem to find comfort with me as a safe guide to help them find which key will open the right door for their next transition."

Being passionate about helping others living their best life Dr. Inez invites experts in many arenas to share this information on her *Ah-ha Moments That Last* show. The show is watched globally, Sunday, 2:00PM ET at <u>https://ahhalast.org</u> Remember, it is all up to you how and what you do to bring bliss into your world. Give yourself permission to LIVE!

Book a call with me at <u>https://inezbracy.com</u> and let's talk.