

Simple Pleasures



Dr. Inez Bracy

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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*

- ❖ Laugh out loud
- ❖ Laugh more often
- ❖ Play in the dirt

- ❖ Dance as if everyone is watching
- ❖ Read a good book
- ❖ Cook your favorite m

“Pleasure is Nature’s test, her sign of approval.”~ OSCAR WILDE

- ❖ Drink a glass of wine
- ❖ Listen to your favorite music
- ❖ Listen to new music

❖ Write a poem

❖ Write a letter

❖ Keep a journal

*“Pleasure is the Divine seasoning in the diet
of life.”~ LEWIS F. KORNS*

- ❖ Enjoy a romantic movie
- ❖ Soak in hot tub
- ❖ Take a bubble bath

- ❖ Host a dinner for your most intimate and closet friends
- ❖ Go shopping and buy something outrageous
- ❖ Surprise your significant other

- ❖ Write love notes to yourself
- ❖ Take a moon bath naked
- ❖ Relax in the sun

*“They that seldom take pleasure, seldom
give pleasure.”~ FULKE GREVILLE*

- ❖ Get sand between your toes
- ❖ Watch the birds
- ❖ Listen to the birds

❖ Look at the grass

❖ Enjoy the breeze

❖ Listen to the rain

“Pleasure is an affection of the soul...”~
ARISTOTLE

- ❖ Walk in the rain
- ❖ Take a walk
- ❖ Use your good china

- ❖ Use your good silver
- ❖ Use your good stemware
- ❖ Eat seasonal fruits and vegetables

“Life ...contains pleasure in itself.”~
ARISTOTLE

- ❖ Get a massage
- ❖ Style your hair differently
- ❖ Do a makeup makeover

- ❖ Play with a child
- ❖ Sing loud and often
- ❖ Smile often

“Why not seize pleasure at once?”~
JANE AUSTEN

❖ Meditate daily

❖ Pray daily

❖ Believe in yourself

❖ Listen to the surf

❖ Go hiking

❖ Swim in the ocean

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

- ❖ Live in the moment
- ❖ Create your own joy
- ❖ Surround yourself with beauty

- ❖ Do something wild
- ❖ Discover your passion
- ❖ Unveil your hidden talents

*“Pleasure is a harmony...”~ HERBERT
MAXWELL*

- ❖ Take risks
- ❖ Go sailing
- ❖ Go hang gliding

- ❖ Do a tandem jump
- ❖ Love unconditionally
- ❖ Speak loving words to yourself

*“Pleasure is life, and pain is
death.”~ MINOT JUDSON
SAVAGE*

- ❖ Sleep nude
- ❖ Smile at a stranger
- ❖ Masturbate while moon bathing

- ❖ Put a sway in your walk
- ❖ Stretch like a cat
- ❖ Think erotic thoughts

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

- ❖ Wear red lipstick
- ❖ Belly dance
- ❖ Pole dance

- ❖ Slow dance naked
- ❖ Have sex on the beach
- ❖ Ride a motorcycle

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

- ❖ Wear lacy underwear
- ❖ 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*

- ❖ Walk barefoot in the grass
- ❖ Exercise daily
- ❖ Dream BIG

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
<https://ahhalast.org>

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
<https://inezbracy.com> and let's talk.