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The 7 Lively Sins: How to Enjoy Your Life, Dammit

Karen Salmansohn

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You'¬?ve been told again and again to avoid those seven deadly sins: lust, anger, pride, sloth, envy, gluttony, and greed (insert "boo-hiss" here). Oh yes, you know they'¬?re bad, you do your best to beat them down, dammit. But what if, just what if, you should be indulging in these baddies rather than shunning them? What if a life reveling in the seven sins would bring you overwhelming happiness and never-ending fulfillment? And what if there were seven other sins that you really should be dodging? In THE 7 LIVELY SINS, best-selling author of HOW TO BE HAPPY, DAMMIT Karen Salmansohn turns the familiar sins on their heads and dares us to explore them with gusto. What'¬?s more, she unmasks the seven so-much-deadlier sins: emotional masochism, guilt, fear, repression of self-expression, need for speed, worry, and apathy. These are the real spirit-killers; invite these into your life and you'¬?re guaranteed to have enjoyment problems. So what to do? Be lustful, be joyful. Be greedy, be happy. Restores the seven deadly sins to their rightful place of honor, and presents a new set of sins that we should all look out for. Presents 44 life lessons for a sin-free, contentment-filled life. From the same author-and-designer team that created HOW TO BE HAPPY, DAMMIT, which has sold 85,000 copies.

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