**Pleasure**

**You ask and do not receive,**

**because you ask with wrong motives,**

**so that you may spend it on your pleasures.**

***(James 4:3)***

**Pleasure in the job puts perfection in the work. *(Aristotle)***

**The wise individual doesn’t get too attached to any of life’s pleasures, knowing that wonderful science is hard at work proving it’s bad for him. *(Bill Vaughan, in Kansas City Star)***

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**One half of the world cannot understand the pleasures of the other. *(Jane Austen)***

**The person, be it a gentleman or lady, who has not pleasure in a good novel, must be intolerably stupid. *(Jane Austen, novelist)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*One of the most lasting pleasures you can experience is the feeling that comes over you when you genuinely forgive an enemy -- whether he knows it or not. *(O. A. Battista, in Quote magazine)***

**I hope you're not getting too much pleasure out of being sick. *(Ashleigh Brilliant, in Pot-Shots)***

**Pain will come, just like pleasure. Hate will come, just like love. And when both are accepted, unaffected by the mind, then there will be peace. *(Baba Hari Das)***

**Fast food junkies: If it sometimes seems that Americans are addicted to fast food, it might be that we actually are. Studies have repeatedly found that the consequences of bingeing on high-calorie, high-fat foods mimic the effects of drug addiction. A recent study by the Scripps Research Institute found that gorging on fast food actually changes the brain’s chemical makeup, making it more difficult to trigger the release of dopamine (aka “the pleasure chemical”). That means fast-food addicts need to eat more and more to feel happy – the same way users of cocaine and other drugs, for example, need to keep upping their dosages to get high. An earlier study, by Princeton University, found that rats who were fed and then withdrawn from a high-fat, high-sugar diet exhibited similar symptoms – chattering teeth and the shakes – to junkies going cold turkey. “Drugs give a bigger effect,” said study author Bart Hoebel, “but it’s essentially the same process.” *(The Week magazine, August 19-26, 2011)***

**If you take pleasure in criticism, it’s time to hold your tongue. *(Bits & Pieces)***

**The great pleasure of a dog is that you may make a fool of yourself with him and not only will he not scold you, but he will make a fool of himself, too. *(Samuel Butler)***

**TV personality Hugh Downs is one of those who believes that if you don't find happiness in your work, you're not going to find it at all. “The most creative people I know, and some of the happiest, are those who constantly mix business and pleasure,” says Downs. “I struggled with the business of broadcasting for at least a dozen years in dead seriousness. I made neither a name nor any money in it until I started having fun with it. I can't say that the change in attitude was the result of any conscious effort on my part, at least not in the way of a plan. It came, rather, from seeing broadcasting as a demanding business that had driven several colleagues to drink and a premature death. I realized that I wanted to avoid that and that I was free to bail out of the business and do something else. After having decided to quit, I found that I didn't have to take broadcasting so seriously and began to have fun in it. I have never since decided not to quit, but have left it open. That's the way it should be with any trade or profession.” *(Bits & Pieces)***

**It is essentially pleasure to exercise the gifts of God. *(Ellis Peters)***

**The condition of mandatory celibacy, which is perhaps the most distinctive feature of the Catholic priesthood, is a perfect example. Celibacy was not mandated by Jesus Christ or the apostles, but by Catholic leaders in the twelfth century. They decided that men of the cloth should liberate themselves from the pleasures of the flesh and harness those energies to the service of God and the salvation of humankind. But despite that exalted rationale, celibacy is a tough sell. Catholic dioceses across the country – and around the globe – are crowded with former priests who abandoned their vocations to marry, with seminarians who stopped short of ordination because they could not reconcile themselves to celibacy, with devoutly Catholic men who early on in life pushed aside aspirations of the priesthood because this demand, among all the others, seems too great. *(Frank Bruni & Elinor Burkett, in A Gospel of Shame, p. 49)***

**Pleasure is more in contemplation than in contemplation. *(Malcolm Forbes)***

**Mohandas K. Gandhi’s list of seven deadly sins: Wealth without work, pleasure without conscience, knowledge without character, business without morality, science without humanity, worship without sacrifice and politics without principle.**

**The greatest pleasure in life is doing what people say you cannot do. (Walter Bagehot)**

**Of the few innocent pleasures left to men past middle life, the jamming of common sense down the throats of fools is perhaps the keenest. *(T. H. Huxley)***

**The natural flights of the human mind are not from pleasure to pleasure, but from hope to hope. *(Samuel Johnson)***

**Among my greatest pleasures is friendship. Would that I could enrich this sketch with the names of all those who have ministered to my happiness! Those are red-letter days in our lives when we meet people who thrill us like a fine poem, people whose handshake is brimful of unspoken sympathy, and whose sweet, rich natures impart to our eager, impatient spirits a wonderful restfulness which, in its essence, is divine. *(Helen Keller, in The Story of My Life)***

**The greatest pleasure in life is to do good by stealth and be found out by accident. (Charles Lamb)**

**What we learn with pleasure we never forget. (Alfred Mercier)**

**One of life’s simple pleasures is parking on someone else’s dime. *(Doug Larson, United Feature Syndicate)***

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**One of the pleasures of reading old letters is the knowledge that they need no answer. *(Lord Byron)***

**Now hatred is by far the longest pleasure; men love in haste, but they detest at leisure. (Lord Byron, poet)**

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**Love ceases to be a pleasure, when it ceases to be a secret. (Aphra Behn, writer and dramatist)**

**Machines certainly can solve problems, store information, correlate, and play games – but not with pleasure! *(Leo Rosten, in Passions & Prejudices, on the difference between man and machine)***

**One retired man made beautiful toys in his workshop, and he sold them to a toy store. It was hard work. A retired woman made beautiful dolls and she gave them away to poor children. It was a pleasure. *(Bits & Pieces)***

**May you look back on the past with as much pleasure as you look forward to the future. *(Quoted by (Paul Dickson, in Toasts)***

**What we learn with pleasure we never forget. (Alfred Mercier)**

**We can often endure an extra pound of pain far more easily than we can suffer the withdrawal of an ounce of accustomed pleasure. *(Sydney J. Harris, columnist)***

**After years of study and experimentation, psychologists now seem to have arrived at this very important truth: It is the pleasure of reward rather than the pain of punishment that motivates people. And the statement holds true whether we are dealing with a worker in a factory, a child in a home, or a lion in the jungle. It means that people will be motivated to work more by the expectation of pleasure (the satisfactions derived from work) than by the fear of losing their jobs. It means that children will be motivated toward good conduct more by the pleasure of receiving love from their parents than they will from fear of being punished. It means that you train the savage beast not with a whip but a morsel. *(Bits & Pieces)***

**When you become an adult and get to pick your pleasures, they should be worth picking. *(Bill Murray's motto, actor)***

**Place before your mind a great and definite purpose, a plan or course you wish your life to take. The purpose or ideal is but the heart’s desire of the sleeping prince or princess that lies within you, waiting for its dream to become a reality so it can begin to awaken. You do not need new circumstances or enhanced powers. These will come when your heart’s desire becomes the most important thing in your life. Nothing can bring so much pleasure and peace as the daily progress that occurs when the sleeping giant within begins to awaken. *(Jack Bolen, in Commitment to a Higher Self)***

**Painkiller dulls pleasure, too: Every week, more than 50 million Americans take acetaminophen, the active ingredient in Tylenol and many other popular painkillers, to ease their aches and pains. But a new study has revealed that the drug also dulls emotions -- including happiness. Prior research showed that acetaminophen can help take the sting out of negative feelings like dread, but the new findings from Ohio State University researchers suggest it may actually blunt all emotional reactions. Scientists studied a group of 82 college students, some of whom received 1,000 milligrams of the painkiller while others were given a placebo. Presented with a series of photographs meant to trigger emotional reactions, subjects who had taken the drug reacted much less extremely to both positive and negative images than those who had taken the placebo. Heartwarming pictures, such as people playing with pets, were less pleasurable, while disturbing photos, like malnourished children, were not as upsetting. Exactly how the drug affects emotions remains unclear, and whether or not other pain relievers, like ibuprofen, have similar psychological effects is still under investigation. "This means that using Tylenol or similar products might have broader consequences than previously thought," the study's lead author, Geoffrey Durso, tell HuffingtonPost.com. "Acetaminophen can be seen as an all-purpose emotion reliever." *(The Week magazine, May 1, 2015)***

**How can you know that a particular relationship is good or not? When you are out of sync with goodness, you know it: You aren't happy. And if a relationship is anything less than good, you need to question your thoughts. It's your responsibility to find your own way back to a relationship with yourself that makes sense. When you have that sweet relationship with yourself, your partner is an added pleasure. It's over-the-top grace. *(Byron Katie)***

**The pleasure which is at once the most pure, the most elevating, and the most intense, is derived, I maintain, from the contemplation of the beautiful. *(Edgar Allan Poe)***

**Scientists have applied electrodes to the pleasure center in a rat's brain. The rat pressed a lever 48,000 times over a full day in order to receive that shock that seemed to him pleasurable, choosing the stimulator instead of having water or food or sex. *(Isaac Asimov's Book of Facts, p. 38)***

**There is much pleasure to be gained from useless knowledge. *(Bertrand Russell)***

**A sign in the middle of Lake George, New York, reads: “This is Pleasure Island -- No camping, No picnicking.” *(Reader's Digest)***

**Half the pleasure of solitude comes from having with us some friend to whom we can say how sweet solitude is. *(William Jay)***

**There are no such things as guilty pleasures, only pleasures. (Quentin Tarantino, actor)**

**Tranquil pleasures last the longest; we are not fitted to bear long the burden of great joys. *(Christian Nestell Bovee)***

**The warm glow of paying taxes: People actually get some pleasure out of paying their taxes, says a new study. Researchers at the University of Oregon hooked up 19 students to brain monitors, gave them $100 each, and then told them they could give some of the money away to charity. That caused the part of the brain associated with pleasure to light up. This “warm glow” effect of altruism has been demonstrated before. But Oregon researchers were surprised to see that the pleasure centers also revved up when the students were told they had to give some of the money away for “taxes.” Researchers said that the pleasure people derive from giving extends even to compulsory giving. “I don’t think that most economists would have suspected that,” professor Ulrich Mayr tells the London Telegraph. “I’ve heard people claim that they don’t mind paying taxes, if it’s for a good cause – and here we showed that you can actually see this going on in the brain, and even measure it.” (The Week magazine, July 13, 2007)**

**The professionals least likely to watch television for pleasure are said to be the news anchors. *(L. M. Boyd)***

**Rejoice and men will seek you, grieve and they turn and go; they want full measure of all your pleasure, but they do not want your woe! *(Ella Wheeler Wilcox)***

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