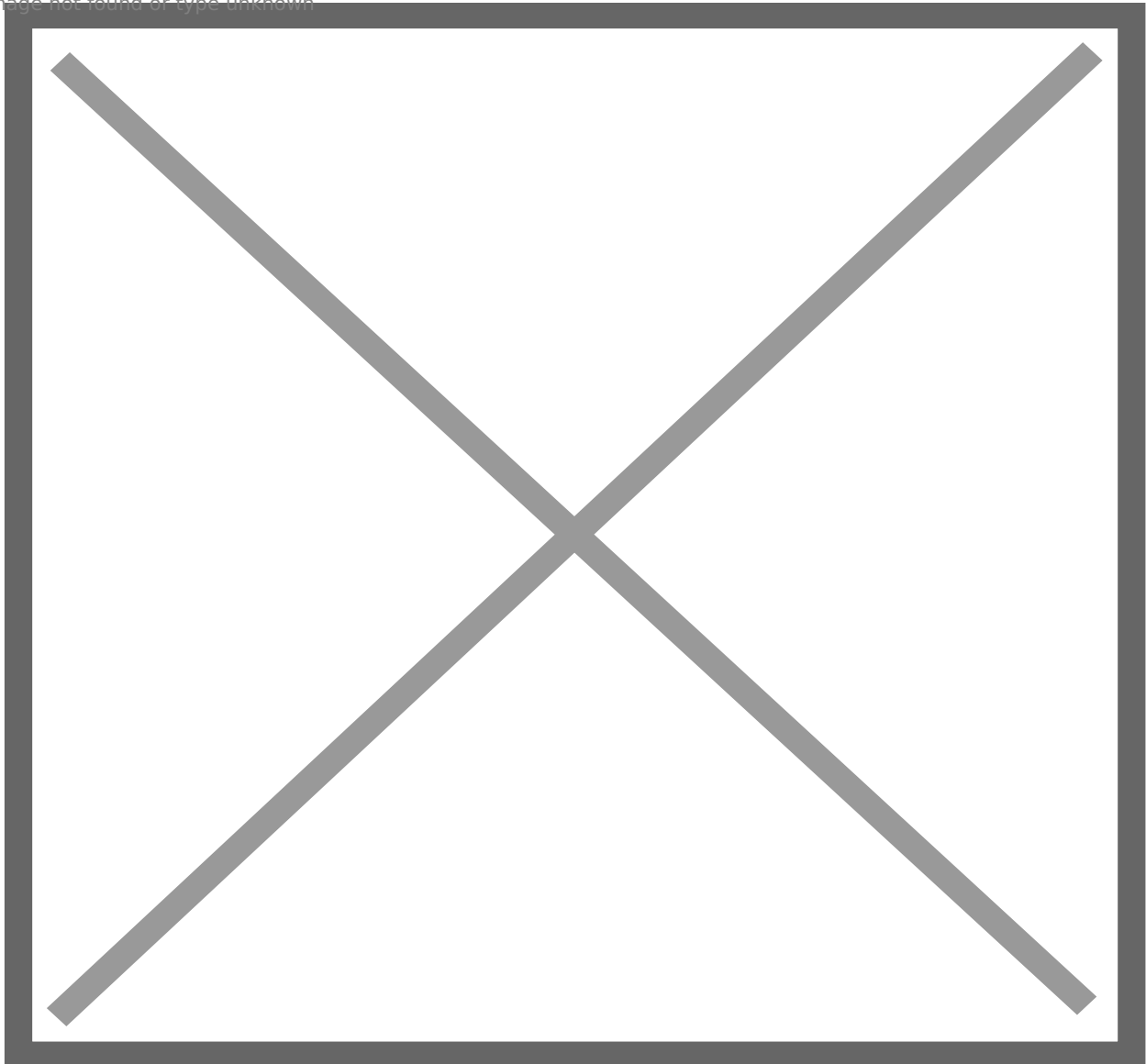


# Pleasure As the Key To Returning to Emotional Health

Post by "Don" of December 21, 2021 at 7:05 PM

Just read this today. Thought it might be applicable here:

Image not found or type unknown



[Use the '20-5-3' Rule To Make Yourself Happier and Stronger](#)

Americans spend 92 percent of their time indoors, and their physical and mental health are suffering. This three-number formula for how much time to spend in...  
menshealth.com

<http://www.epicureanfriends.com/thread/467-pleasure-as-the-key-to-returning-to-emotional-health/?postID=15004#post15004>