



**The Healing Power of Pleasure**  
Seven Medicines for Rediscovering the Innate  
Joy of Being

**Julia Paulette Hollenberg**  
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**NEW BOOK ANNOUNCEMENT**

### **Praise for *The Healing Power of Pleasure***

*“Julia guides us to connect more deeply with our natural selves and recognize the abundant joy that always resides there.”*

– **David R. Hamilton, Ph.D., scientist and author of *I Heart Me: The Science of Self-Love***

*“Hollenbery's recipes for pleasure introduce readers to the Universe of Deliciousness that awaits them just around the corner, within their own bodies. Read and enjoy.”*

– **Sarah Peyton, neuroscientist and author of *Your Resonant Self* and *Your Resonant Self Workbook***

*“Julia Hollenberg has taken the journey and now shares it in her own inimitable style. I had a teacher once who told me that learning through pleasure was the highest form of learning. As Julia shares in her own poetic and soul-deep style, she didn't begin there. She arrived there after a long journey. In *The Healing Power of Pleasure*, she shares the fruit of her work. As anyone who has taken the journey knows, fruit is the result of years of digging and composting. The more real the journey, the sweeter the medicine. Go on, take a sweet apple from this Tree of Knowledge.”*

– **Ya'Acov Darling Khan, shaman, cofounder of Movement Medicine, and author of *Jaguar in the Body, Butterfly in the Heart* and *Shaman: Invoking Power, Presence and Purpose at the Core of Who You Are***

*“In this thoughtful exploration of our emotional, logical, creative, and sensual selves, Julia Paulette Hollenberg's innate, gentle wisdom, knowledge, and understanding shines through on every page. A book to keep on your shelf and return to whenever you need more insight and guidance into greater awareness and understanding of the unique delights of the lived experience that are on offer to you.”*

– **Judy Piatkus, publishing entrepreneur and author of *Ahead of Her Time***

*“The Healing Power of Pleasure gives you the inside story of how to transform your moment-to-moment experience. To make your body hum, your mind unwind, and your soul smile, read this book!”*

– **Sarah Rozenthuler, chartered psychologist and author of *Powered by Purpose and How to Have Meaningful Conversations***

*“The Healing Power of Pleasure is a book of immense scope, a comprehensive and masterful reminder that no matter the complexities of modern life and no matter what life throws at us, the capacity for great joy resides at the center of our being and can be accessed by all. This is an important book, a celebration of the simple life, as we learn to listen to and honor the deepest wisdom of our souls, rediscover the joys of living sensually, and become one with the magic of the natural world around us. Julia Hollenbery takes us on an important journey that is both personal and universal and deserves to be richly savored and absorbed.”*

– **Clare Martin, psychological astrologer and teacher, patron of the faculty of Astrological Studies, and author of *Alchemy: The Soul of Astrology and Mapping the Psyche***

*“This book is a much-needed remedy! I heartily recommend this powerful, lovely, fun, interesting, magical, comprehensive, and practical guide to doing intimacy and life well. Enjoy the inspiring real spirituality, interesting grounded science, and practical well-being exercises for your personal and our planetary happiness. We all need this embodied warm wisdom.”*

– **Jamie Catto, musician, filmmaker, and author of *Insanely Gifted***

*“I found Julia’s exploration of pleasure and deliciousness so powerful. She looks at our society’s present and past tendency to overlook the realities of life, to get lost in ego and need. As Julia writes, ‘The modern perspective on life is often divisive, emphasizing analysis, cause or effect, compare and contrast.’ She orients the reader to the ‘messiness’ of our life and explores how we can shift our orientation from conditioning and fear to spontaneity and pleasure, to appreciate the ‘mess’ we are in and live life to the fullest. I so appreciated her writing and can highly recommend it!”*

— **Franklyn Sills, cofounder of the Karuna Institute and author of *The Polarity Process, Being and Becoming, and Foundations in Craniosacral Biodynamics***

*“This book is a doorway to an inner world, allowing us to enter a new adventure while still very much being fully in the body and in the creative magical mystery of life.”*

– **Steve Nobel, spiritual coach, founder of Soul Matrix Healing, and author of *The Enlightenment of Work, Personal Transitions, Starseeds, and Freeing the Spirit***

*“A helpful handbook toward a new birthing in our hearts, encouraging us to savor the delights to be found within a lifetime in the material world. It also serves as an introduction to discovering the deeper and less visible dimensions of life within the rapidly changing context for our lives today. This is a journey of our time.”*

– **Janice Dolley, author of *Awakening to a New Reality* and coauthor of *The Quest***

*“Julia has created a meaningful and moving exploration of joy and pleasure at a time when the world needs the uplift of this wisdom. A courageous and stimulating book.”*

**– Malcolm Stern, psychotherapist, cofounder of Alternatives, and author of *Slay Your Dragons with Compassion***

*“What a pleasure to journey through Julia’s profound and healing book. She offers a rich and enjoyable feast of wisdom and practical suggestions. The depth and authenticity of her sharing is both moving and inspiring, and her suggested practices are life changing. To the very end I felt captivated, challenged, and liberated. This is without doubt a must-read book that could change your life and powerfully enhance your capacity to experience pleasure and embodiment in the world.”*

**–Lynne Sedgmore, CBE, author of *Crone Times* and *Healing through the Goddess***

*“Julia’s call to inhabit our bodies fully, to become aware of and attend to the delight inherent in every moment, speaks to the deepest sense of ourselves. She shows us a way of being in the world that is nothing short of revolutionary.”*

**– Alison Jones, host of *The Extraordinary Business Book Club***

*“The Healing Power of Pleasure connects us to Divine Life through the portal of interconnectedness, bringing us into relationship with our bodies and senses and pointing the way to how we reclaim our darkness as well as our light. It honors life as profoundly relational and shows us how to access the innate sensuality of the place where body and soul meet. This is a glorious celebration of a book and also an important book for our times, as living through this relational lens naturally gives us respect for Earth, for each other, and for the oneness of all life—human and nonhuman, visible and invisible. It points toward a way of being for both men and women that includes a deep honoring of the feminine principle, which is the missing element in our culture and has the potential to lead us deeper into the new story we so urgently need.”*

**– Dr. Justine Huxley, director of St. Ethelburga’s Center for Reconciliation and Peace and editor of *Generation Y, Spirituality and Social Change***

*“Very personal, individual and readable in its fluency, this book is filled with information and ideas gathered from readings, observations, thoughts, experiences and imagination, richly and wisely put together.”*

**– Maggie McKenzie, director of the Spectrum Center for Humanistic Psychotherapy**

*“Julia Paulette Hollenbery is inviting us home to the natural joy and pleasure that exist right now at the heart of our being, waiting to be allowed out.”*

**– Nick Williams, author of *The Work We Were Born to Do***

*“A text that aims to break deep cultural barriers that hinder authentic passionate and pleasurable living. It focuses on the God within that is interconnected with our human relationship and our relationship with animate and inanimate objects. It is a scream to put an end to demonizing physical and emotional pleasure. The text celebrates the masculine and feminine principles of life as well as the intersection of the sacred and the profane while tapping into some of life’s scientific and intuitive principles for good health. Hollenbery’s book is a thought-provoking mouthful to be savored slowly to process and access the potency she hopes that it will unleash in the lives of readers. Her prosaic writing is interspersed with poetic utterances that vary from a line to sometimes three to five stanzas of poetic language that compactly convey her spirited observations and philosophies. This book will be best enjoyed by readers open to embracing pleasure as a way of life and as a right of each person and gender. The book features adult content, thus it is not suitable for children. The book focuses on building self-confidence in individuals to live a deeper, happier, and more conscious life.”*

**– Reedsy Discovery**