



An Indulgence a Day: 365 Simple Ways to Spoil Yourself

Andrea Norville, Patrick Menton

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Stress may be a state of mind--but so is bliss. In this deliciously indulgent little volume, you will learn how to leave the everyday madness behind--and embrace the sweeter side of life. This book features 365 simple, surprisingly affordable ways to ways to stay happy, reduce anxiety, and treat yourself right, including:

- Take a sick day for sex
- Test drive a car you can't afford
- Make your own sugar body scrub
- Have dessert for dinner
- Get your car detailed
- Eat your favorite "kid" food

Finding "me" time just got easier for you--because this book keeps the meltdown away!



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