



An Indulgence a Day: 365 Simple Ways to Spoil Yourself

By Patrick Menton, Andrea Norville

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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 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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Editorial Review

About the Author

Andrea Norville (North Providence, RI) is a book publishing professional and Reiki practitioner. Her favorite indulgences are hot stone massages and movie marathons.

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