

## Permission to Nap: Taking Time to Restore Your Spirit



This soothing and inspirational book reveals the sweet secret of living well, the afternoon siesta. Its peaceful prose invites the busy to perfect the art of reserving a few precious moments in order to balance family, relationships, passions, and/or a career. Working mothers, career women, and stay-at-home moms, and even men - all need to hear they have permission to nap. Loosely used in this book, the word napping means any downtime taken without feeling guilty. A nap nourishes the mind, body, and spirit, allowing her to return to a busy day, renewed and refreshed. Chapter by chapter, learn how to rekindle and layer each of the five senses. Every month, luxurious nap recipes list aromatherapy ideas, suggestions for opulent linens, comforting beverages, meditative music and comforting books to help any busy person begin creating a new healthy ritual for life. Witty quotes by famous female authors will encourage you to find the time to reflect inward and regain harmony in your life. Meant to be cherished and referenced time and again, this gentle guide is a beautiful gift to give as well as to receive.

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