



## 2,001 Ways to Pamper Yourself

By Lorraine Bodger

Andrews McMeel Publishing. Paperback. Book Condition: New. Paperback. 384 pages. Dimensions: 6.0in. x 4.0in. x 1.1in. Pampering means caretaking, indulging, and making yourself feel good, and its your right to be pampered whenever you need it-any time, day or night. In 2, 001 Ways to Pamper Yourself, Lorraine Bodger offers hundreds and hundreds of serious and lighthearted tips for treating yourself royally, from the sublime to the maybe-its-silly-but-it-makes-me-feel-good ridiculous. Youll get such advice as: Take a scented bath by candlelight. Visit a comedy club and laugh till you fall out of your chair. Hire someone to wash your windows. Get rid of every item of clothing that doesnt look great on you. Eat peanut butter straight from the jar. Take a day off during the week. Stay in bed and do nothing. Throw a tantrum. Have dessert first. Sit in a sculpture garden and meditate. Bake a batch of chocolate chip cookies and keep them all for yourself. Swim out as far as you can and look back at the shore. See how small your problems are. Through Bodgers insightful wit and wisdom, youll remember that youre someone special, a person who deserves to be well taken care of. So go...



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