



## 2,001 Ways to Pamper Yourself

*Lorraine Bodger*

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## **2,001 Ways to Pamper Yourself** Lorraine Bodger

Pampering means caretaking, indulging, and making yourself feel good, and it's 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-it's-silly-but-it-makes-me-feel-good ridiculous. You'll 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 doesn't 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 Bodger's insightful wit and wisdom, you'll remember that you're someone special, a person who deserves to be well taken care of. So go ahead-pamper yourself.

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Playing with family in the park, coming to see the water world or hanging out with buddies is thing that usually you have done when you have spare time, and then why you don't try matter that really opposite from that. 1 activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love 2,001 Ways to Pamper Yourself, you are able to enjoy both. It is great combination right, you still need to miss it? What kind of hangout type is it? Oh can occur its mind hangout men. What? Still don't have it, oh come on its identified as reading friends.

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