



Permission to Nap: Taking Time to Restore Your Spirit

Jill Murphy Long

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Peaceful prose and classic images of women in repose initiate the harried into the sweet secret of living well—the afternoon nap. Working mothers, career women and stay-at-home moms all need encouragement to care for their well-being and happiness with a few minutes of downtime. This lovely gift book not only tells them it's ok, but also shows them how even the shortest siesta can be filled with delights—scents, sounds, flavors, fabrics—that leave a woman refreshed and renewed.

This will be the first book to:

- Show how to create a personal ritual for relaxation, including luxurious locations for napping and techniques for slowing down into rest
- Involve all the senses for improved harmony in life, including aromatherapy, massage and meditation techniques, sounds such as fountains, chimes and music, tactile comforts such as sheets and blankets
- Recommend affordable napping indulgences, including hot and iced soothing beverages, eye pillows and other comfort enhancers
- Encourage women to adopt napping as a lifestyle habit, showing them how to organize their lives to accommodate a nap
- Educate the harried that napping increases good health, for example, adequate sleep has been linked to longevity
- Overcome guilt by providing valid reasons to nap

Like our French sisters, who enjoy a 35-hour work week, or in Spain, where a siesta is a must, we can come to enjoy, embrace and revel in a little lovely shut-eye.

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