



A Perfect Day: Life's Little Pleasures

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There are many things that go into making the perfect day. The choices will vary from person to person, but there are some small joys that almost all of us would agree on. From an invigorating shower before work, enlivened with a few drops of rosemary essential oil, to slipping between freshly ironed cotton sheets last thing at night, "life's little pleasures" are there to be seized upon and relished. Combining evocative photographs with lively, informative advice, this charming little book contains recipes for delicious snacks and drinks, reveals the secret of successful entertaining, and offers a host of ideas for self-indulgent treats that come together to create "A Perfect Day". -A thoughtful present or feel-good gift for yourself. -This charming little book combines practical advice and beautifully evocative images to celebrate the joys of perfect day.

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