



# Permission to Party: Taking Time to Celebrate and Enjoy Life

*Jill Long*

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Probably the most pressing need for women today is to take a little time for themselves. Weighed down with the demands of dual careers, household responsibilities, child rearing and marriage, today's busy woman lets her friendships suffer, and she never feels she has the time to nurture herself. Third in the Permission to... series, Permission to Party is a beautifully illustrated book that gives women permission to enjoy life to the fullest.

Permission to Party lets women know it's OK (and even necessary) to take care of themselves and also tells them how to carve the time out of a busy schedule. It then gives them a plethora of imaginative ideas and techniques to use.

This elegant, fun book includes ways to nurture relationships and foster self-expression by bringing people together for meals and celebrations in intimate settings or large groups, as well as how to create your own quiet or playful celebration rituals to mark either special occasions or accomplishments. Plus, Permission to Party includes simple recipes, aromatherapy tips, uplifting music recommendations, party themes and party decorating ideas.

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