

# Over 100 Excuses to Indulge: The Ultimate Guide to Living a Balanced and Joyful Life

Are you tired of feeling guilty for enjoying the things you love? Do you feel like you're always depriving yourself of the things that make you happy? If so, then this book is for you.



## Bake Me I'm Yours . . . Cookie: Over 100 Excuses to Indulge by Lindy Smith

★★★★☆ 4.2 out of 5

Language : English  
File size : 17906 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting: Enabled  
Word Wise : Enabled  
Print length : 124 pages



**Over 100 Excuses to Indulge** is the ultimate guide to living a balanced and joyful life. In this book, you'll learn how to give yourself permission to indulge in the things you love without guilt or shame. You'll also learn how to create a life that is filled with joy and meaning.

This book is not about giving you permission to overindulge. It's about giving you permission to live a life that is balanced and full of joy. It's about giving you permission to be yourself and to enjoy the things that make you happy.

If you're ready to start living a life that is full of joy and meaning, then Free Download your copy of **Over 100 Excuses to Indulge** today.

## What You'll Learn in This Book

- How to give yourself permission to indulge in the things you love
- How to create a life that is filled with joy and meaning
- How to overcome the guilt and shame that is associated with indulgence
- How to create a balanced life that includes both indulgence and self-discipline

## Who This Book Is For

This book is for anyone who is tired of feeling guilty for enjoying the things they love. It's for anyone who wants to live a life that is full of joy and meaning. It's for anyone who wants to create a balanced life that includes both indulgence and self-discipline.

## Free Download Your Copy Today

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