



# A Patchwork of Comforts: Small Pleasures for Peace of Mind

*Carol Wiseman*

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Author Carol Wiseman started asking people how they reduced their stress. What were their favorite comforts in life? The result is *A Patchwork of Comforts*, filled with creative descriptions of comforting and comfortable things to soothe body, mind, and spirit. Comforts are organized alphabetically for easy reference with trivia sidebars for laughs and lifestyle changes. Even comforting recipes, such as Zabaglione, a dessert sauce.

A-to-Z comforts include:

Alone Time: The only voice you hear is your own. Aromas: Trigger memories. Brainrest: A chance to recoup and regroup. Crosswords: The right word satisfies. Cuddling: Back to the womb. Daydreams: Going to the movies free. Dogs: Part of the family. Vacation: A break from responsibility. Water: Watch it, hear it, drink it, play in it. X-tra Time: Ditching the clock lets you finish...whatever. Young at Heart: Keeps you in the loop. ZZZ's: Renews and reactivates.

There are plenty of comforting activities to take the sting out of even the worst days: sitting by a fire after a long walk in the cold; watching birds in the back yard; enjoying a big cup of homemade hot chocolate; bathing by candlelight; a weekend camping trip--with no electronic appliances. *A Patchwork of Comforts* is a homecoming in a book--welcoming, warm, and wise.

A book written especially for "one of those days," dipping into *A Patchwork of Comforts* is like a long soak in a hot tub.

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