



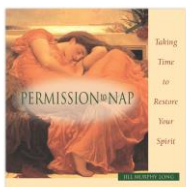
What Women Really Want for Mother's Day

Breakfast-in-bed is a good idea, but rarely as good as room service, flowers—lovely yet they die, and jewelry (the perfect gift) however, what if she doesn't like it? Fathers and their children, who wrestle with this question every year will admit they are at a lost for the right answer.

After surveying, interviewing, and listening to American women to write my first book, the answer became obvious—women just want a nap, some time to ourselves, a break from the 24/7 routine as mother, wife, business associate, friend, sister, and neighbor.

When I sat down to write *Permission to Nap*, I thought I could convince busy women to nap daily with key medical reasons, motivational tips, and twelve, luxurious nap recipes, but I also wanted to create a *Nap-of-the-Month Club*. This exclusive membership would be just like a fruit or flower club, but instead every month, she would receive a big box of luxurious napping essentials. She would open it to find tactile comforts such as an organic cotton throw that became softer and softer with each use, a lavender-infused neck or eye pillow plus herbal teas and relaxing CDs to soothe her spirit plus aromatherapy essences and calming books to place in her newly created nap sanctuary.

What a perfect way to tell Mom how much she means to you by presenting her with “permission to nap” and a membership in the *Nap-of-the-Month Club*. I have teamed up with *Isabella Catalog* to help tired and busy women slip into this peaceful time regularly. The relaxation experts at *Isabella Catalog* have carefully tested and selected ideal napping essences to restore mind, body, and spirit. Her *Nap-of-the-Month Club* delivery is her reminder to do what truly matters: “Take time for self-care, self-preservation, and self-renewal.” With her Mother's Day gift, she will also receive:



~ Autographed *Permission to Nap, Taking Time to Restore Your Spirit* by Jill Murphy Long

~ Monthly e-newsletter, *Permission Slip*, filled with guilt-free ideas for R&R.

As a working mother, please take my advice and treat any busy woman in your life to this luxurious and pampering gift. This piece of tranquility given to a loved one will be the most precious and important gift that she will receive this year. She deserves a nap. She has earned this peace. Give her permission to nap.

To join, call: **1 888-481-6745** or visit: www.isabellacatalog.com/napclub.cfm