

in daily life

Everyday Self-Care Lifestyle Rituals

find greater meaning, connection, and joy in daily life



Published in 2022 by CICO Books
An imprint of Ryland Peters & Small Ltd
20–21 Jockey's Fields 341 E 116th St
London WC1R 4BW New York, NY 10029

www.rylandpeters.com

10987654321

Text © Noelle Renée Kovary, Brenda Knight, and Sarah Sutton 2022 Design and illustration © CICO Books 2022 For text and image credits, see page 142.

The authors' moral rights have been asserted. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, or otherwise, without the prior permission of the publisher.

A CIP catalog record for this book is available from the Library of Congress and the British Library.

ISBN: 978-1-80065-086-2

Printed in China

Commissioning editor: Kristine Pidkameny Senior commissioning editor: Carmel Edmonds

Senior designer: Emily Breen Art director: Sally Powell

Production manager: Gordana Simakovic

Publishing manager: Penny Craig

Publisher: Cindy Richards



contents

introduction 6

chapter 1

KITUAL and ROUTINE 8

chapter 2

NURTURING YOUR BODY 46

chapter 3

YOUR SANCTUARY SPA 76

chapter 4

CARING for YOUR SOUL 108

credits 142