



JUST DO IT!!!

How to *relax*??

BEFORE, don't panic

If you're sad don't worry!!

You have **the solution** between your hands!!

First close your eyes ^^

Then get one breath

Take a bowl in order to mix a pinch of *calm*

And a table spoon of *serenity*

Mix all of them slowly...

In an other pan

Pour one cup of *light sleep*

Add three tea spoons of *peace*

Three ounces of *freedom* and one clove of *simplicity*.

NEXT GLAZE ALL...

AND MIX WITH THE FIRST PREPARATION THEN SPRINKLE WITH *JOY*

AND **HAPPINESS**.

EAT WITHOUT MODERATION

Note: you can add one **big** *kiss* and one pinch

of *love* for a better taste...

Enjoy your meal!!

