

10 Rules to Living an Endlessly Delicious Life

Life doesn't always come to us the way we want. We get jammed in traffic, have a fight with our partner, get stuck in the longest line when we have just one item to purchase (have you been there?). And yet there are simple practices and daily habits that can help us shift from angst to peace at a moment's notice. Today I'm sharing 10 rules to living an endlessly delicious life. Enjoy