



Ice Cream for Breakfast : If You Follow All The Rules, You Miss Half the Fun

Leslie G. Levine

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This charming illustrated gift book strives to help readers capture those moments of unrestrained self-indulgence and of pure joy that are often gained through appreciating life's smallest pleasures. It's about assuming a childlike optimism and getting away with fun. It's about knowing a thing or two when it comes to breaking the rules. It's about treating yourself to what really matters. Our ability to "bend the rules" --to shift life's collective paradigms - is what enables us to weather many of the changes we confront on a daily basis. Bending the rules --or, in some cases, forgoing them completely --gives us a fresh perspective, shakes things up a bit, and forces us to see life through a slightly different lens. Altering the rules leads to ideas that ultimately can reshape the way we see ourselves. Breaking the rules can also be the perfect antidote to the powerful force of stress. A lot of the rules we follow as adults are old. We learned them a long time ago, and in many cases, what served us well as kids doesn't necessarily serve us as well now. Of course some rules we couldn't live without like looking both ways before we cross the street or wearing seatbelts, which are good rules. But what about not getting dessert unless you've finished all your dinner? Or always having to go to bed at a certain time? Instead of giving ourselves permission to be joyful and do the things that make us happy, we arbitrarily create rules that prevent us enjoying as much as we can. So instead of lingering in the tub, we bathe as fast as we can. Instead of celebrating our own birthdays, we minimize the day and let it pass almost unnoticed. These made-up rules may give us some order in the short-term but ultimately short-change what could be a more fulfilling and fun life. Sometimes the easiest way to break these rules is to look at life through a child's eyes. In all 52 chapters of *Ice Cream for Breakfast*, author Leslie Levine has incorporated universal experiences of childhood and rendered those memories into strategies that can enrich our lives as adults. In "Do One Thing At a Time," for instance, readers learn how to slow down a little. In some cases, she spotlights a rule that's particularly steeped in tradition like "Talk to Strangers." In other chapters, rules resurface and are given a new twist like "Keep Your Eyes on Your Own Paper" which addresses the importance of listening to one's own voice. In its entirety, *Ice Cream for Breakfast* will introduce the reader to new ways to counter the pesky tyrannies that can sabotage one's quest for happiness and fulfillment. From enjoying a big bowl of Rocky Road for breakfast to reveling in the beauty of one's toes, the 52 short chapter essays all reveal a simple truth: you really have to take care of yourself if you're going to take care of others. Break the rules and have fun!

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