



Simple Joys

Description

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This time of year I love taking a hot bath even though I know itâ€™s supposed to be drying to your skin. For about a week or so Iâ€™ve had a nagging backache from a pulled muscle so Iâ€™ve been taking lots of baths with **sea salts and epsom salt** which is supposed to be good for sore muscles. My thoughtful husband bought me some **tiger balm** ointment and when applied to a sore spot it brings a joyful intense heat to the area and temporarily provides relief. It will be a new staple in our medicine cabinet.



I'm gradually working on decluttering and organizing which I wrote about in a past post [here](#). It gives me joy to be able to see what is in my refrigerator. If your family is like mine, unless something is in the front of the refrigerator it typically doesn't get eaten because that would require moving something out of the way. Little things like yogurt containers fit nicely in this **plastic drawer made for refrigerators** and it easily slides out. I found it at Bed Bath and Beyond. When I searched on line for it I didn't see it so I'm not sure if it's something they just carry in the store. I threw the packaging away so I can't remember who makes it. Next time I'm there though I may pick up another one. Another item I use in my refrigerator for small condiments is a **plastic lazy susan**. My friend Keri saw the idea on pinterest and I happened to run into her as she was buying her lazy susan at Target. Naturally I had to buy one as well and it works great. I actually use the specialty condiments I buy now which I used to forget I had. By the time I'd rediscover them they were old and expired.



I wrote last week about my trials with my new [Keurig Coffee Maker](#). These are a few of the **k-cups** I'm loving this week: **Green Mountain Wild Mountain Blueberry** (I know it sounds weird for a coffee, but it's good), **Donut Shop Coconut Mocha** and **Newman's Own Cafe Almond Biscotti**.

I'm currently reading the book **Bird by Bird** which is the personal musings on the life of a writer by Anne Lamot. I actually bought this book years ago after reading a review of it in O Magazine. I read a few pages into it years ago, but never got very far. I've found there are books which require a certain timing in my life. I wasn't ready to read **Bird by Bird** years ago, but now the timing is more appropriate for where I am in my life. She offers great insight into what to expect as a writer as well as tips on becoming a better writer.

People often ask me what blogs I follow and I have quite a few I follow, but not always on a day by day basis. I thought I'd share them occasionally instead of in one big post so it's not so overwhelming. I'm also discovering new ones every day. If you do follow several blogs a great way to keep track of them is through [bloglovin](#). It sends you an email whenever your blogs have made a new post which is usually every day, but it groups them all in one email. My blog is on bloglovin for those of you who aren't signed up through email. Another website I like is [tip junkie](#). Every day she posts ideas from various blogs. The ideas run the gamut: crafts, recipes, beauty tips, entertaining, and decorating.

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