



THE RITUAL

TRIGGER YOUR SENSES - NOT YOUR TRAUMA



SIGHT

Light a candle or ten, the flicker matches the story's shadows.



SOUND

Tune into the playlist to set the vibe as you read.

TOUCH

Get cozy with a soft cardigan. A warm blanket. Sink into the sofa.



TASTE

Grab your favorite tea or coffee. Have cake if you're feeling fancy.



SMELL



Try this simmer pot recipe—perfect for slow reading and cozy magic. (*It's here for a reason, my dear.*)

- sliced orange
- sliced apple
- 4-6 cloves
- star anise
- cinnamon stick
- pinch of rosemary
- splash of vanilla essence



Add to a pot of water, simmer slowly, and let it whisper through your home as you read *Forget Forever*.

Just keep an eye on it so it doesn't run dry