I love to read. But you’d never know it. If you followed me around (first of all, hi!), you’d think that I love working, avoiding work by urgently scrolling through Instagram, and, well, working. Sometimes, the perfect conditions for reading never seem to be. I keep waiting. And reading keeps...not happening.

But there are a couple of ways to sneak reading into your daily life. You can’t do it all at once. But you can do it, I promise.

So I decided to make a change. Instead of waiting for permission to peace out from the daily grind, I started giving myself permission. How? I’m less in a book at least once a day and I’m as much happier for it.

The same is true for sex. My partner and I stopped thinking of sex as something we ‘d get to once everything else was done and started treating it as the most important thing on the list. This is important for our relationship, our connection, and our sense of well-being.

The list is a simple one, but it helps.

Over the next few days, use these tips from expert Dr. Jess O’Reilly to give yourself permission to put sex first. And once you’ve done that, maybe you can linger in bed a while with a good book. :)