

...with your prescription for the holidays!

Quick Guide to Taking Back Your Holidays!

Yvonne Lacey, author of *Taking Back Your Holidays, A Whimsical Guide to a Lighter, Brighter Christmas* shares the way to reclaim the true spirit of the season for “less chore and more cheer.”

- Empower yourself with ways to take back your holidays
- Find the true meaning of the season
- Recapture the childhood magic

Maybe you love Christmas, or maybe you *want* to love Christmas, but you feel like the time between the beginning of Fall and the start of the New Year flies by so fast that you can't stop to enjoy a moment of it. Stress abounds! But there is a way to take back our holidays.

This year, plan to enjoy more. Create a “less chore, more cheer” mentality and do something for yourself and those you love -- relax and enjoy!

Owning Your Holiday

Holidays are a time for relaxation and enjoyment...

Sure, we all know what a holiday is supposed to be; however, for some reason, busy women seem to grab hold of holidays to actually try and do more. Simply put, we don't know when to stop! We place enormous expectations on ourselves.

We've all done it. Holidays become a "catch up" time for the list of stuff, long weekends begin the cycle of more "to dos," and we continue to try and conquer the world with the time we have off, making it more work and absolutely no rest for ourselves.

The Granddaddy of them all – Christmastime!

But with all that needs to be done, how can I simply relax? Especially at this time of year!

- Understand what you are asking of yourself!
- Give yourself permission to say no.
- Take on those traditions you really love and want to participate in and enjoy.

Planning Your Season

- Know what you want to experience and relish this year.
- What are your absolute must-haves for the season? And why?

Team Christmas

- Who's on the team and will be "owning" a tradition or two to share?
- What are the goals of the team? (friends, family, children, relatives, co-workers)

Communicating our goals with others

- Help to instill in others the value of what you wish for yourself.
- Listen to others to discover what's valuable to others.
- Discuss the plan for the season

Scheduling the “ME” Time

- Create a seasonal marker with an event for yourself.
- Do anything that reminds you of the joy and excitement you felt as a child.

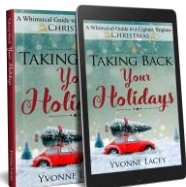
Imprinting the Season

- Reflect and capture the season so that it stays memorable with photos, videos, songs, games, outings or special traditions you can reflect on all year long.
- Participate with unique items that are only yours and become the highlight: a special meal (even if it’s pizza), location, event.

Finding the Magic

- Practice finding the magic.
- Share your joy with others.

How will you take back your holidays this year?



Taking Back Your Holidays, A Whimsical Guide to a Lighter, Brighter Christmas is available online at Amazon and Barnes & Noble in hardback, paperback, hard cover, eBook and audio formats—a great gift idea this holiday season!

<http://paperravenbooks.com/takingbackyourholidays>

If you would like to order a signed copy of the book, please feel free to reach out: drxmas@drxmas.com
