

Making Everything Easier!™

Surviving the Holidays

FOR
DUMMIES®

Learn to:

- Hone your Holiday hosting skills and still enjoy the fun
- Pick the perfect present for any budget
- Impress your guests with easy recipes, drinks, and desserts
- Beat Holiday stress and give yourself the gift of relaxation



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Alcohol
Nonalcoholic beverages

Chapter 2: Surviving Holiday Shopping

Dealing with Gift Expectations
Making Your Own Gifts

Knit a scarf
Give sweet treats like a pro
Basic recipes

Chapter 3: So You Want to Have a Party?

Deciding What Kind of Party to Have

Why are you throwing a party?
Tradition matters

Choosing a Date
Sizing Up Your Space

Using your resources wisely

Planning Your Guest List

Setting your priorities
Looking at how many people you can invite

Inviting Your Guests

Chapter 4: Cooking Up a Storm

Planning Your Menu

Greeting Your Guests with Quick and Easy
Appetizers
Serving a Salad
Making a Main Course
Preparing Side Dishes
Indulging in Dessert

Chapter 5: Making Your Party Shine

Developing the Right Attitude
Preparing an Action Plan: It's All about the Lists

Creating a shopping list
Tasks you can do ahead of time
Last-minute to-do's
Timing is everything

Setting the Mood with Music
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Greeting guests
Moving your guests to the table
Getting your guests to go home

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Lifting Your Post-Holiday Spirits
Regaining a Positive Outlook

Fighting negative expectations
Moving beyond pessimism

Letting Your Actions Speak Louder Than Words

Living an honest life
Being ethical

Developing Closer Social Ties
Relaxing after the Festivities

Chapter 7: Feeling as Good Physically as You Do Mentally.

Getting Fit — No Time Like the Present!

Replacing fat with firm muscles
Preventing back problems
Making activity and a healthy diet part of your everyday life

Giving Yoga a Try

Cultivating the right attitude
Enjoying a safe and sound yoga practice

Striving for a Relaxed Body and Mind: Meditation

Chapter 8: Ten or So Holiday Do's and Don'ts

Do Make Yourself a Priority
Do Take Time to Ask about House Rules or Make Them Clear
Don't Be a Hero
Do Let Social Media Help You
Do Stick with What You Know
Do Unwrap It Already
Don't Expect to Attend Every Party and Event

Do Be Reasonable When Planning

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