

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



***Surviving
the Holidays***
FOR
DUMMIES®

Edited by Kelly Ewing



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Introduction



Just the thought of the holidays can be overwhelming: the decorating, the shopping, the entertaining, the extra commitments (not to mention the sleep deprivation). And if you have kids, juggling everything can prove to be even more of a challenge.

Fortunately, *Surviving the Holidays For Dummies* offers great tips to help you not only make it through the holidays in one piece but also to have your friends and family marveling at how you do it all!

How This Book Is Organized

This book is divided into eight chapters that guide you through the holiday process. Whether you're having trouble getting in the holiday spirit or are overwhelmed by all the shopping and entertaining, we have some tips for you.

In **Chapter 1**, you find out how to avoid holiday stress. (Yes, it can be done!) And in **Chapter 2**, you discover how you can get a head start on holiday shopping.

In **Chapter 3**, you get the scoop on hosting a stellar holiday bash, including choosing the date and planning your guest list. **Chapter 4** helps you plan an awesome menu, while **Chapter 5** reveals the secret to making your holidays flow smoothly with must-have to-do lists.

Holidays leave you feeling drained? In **Chapters 6 and 7**, you find out how to recover both mentally and physically.

And, of course, no *For Dummies* book is complete without a lighthearted Part of Tens chapter. In **Chapter 8**, you discover what you should (and shouldn't) do during the holidays.

Icons Used in This Book

Throughout this book are little pictures called *icons*, which highlight important information. Here's the decoder key:



This icon is a friendly reminder of the information you'll want to remember as you go through the holiday season.



This icon points out suggestions for ways to do things better or faster. If you're looking for some quick and easy pointers on ways to improve your holidays, check out the paragraphs with this icon by their side.



Don't be scared by this icon — but do pay attention to it. In these paragraphs, you'll discover information on ways to avoid mishaps and minor catastrophes.

Where to Go from Here

If you're sitting down with a cup of coffee while visions of sugarplums are dancing in your kids' heads, feel free to read from start to finish. But if you're panicking about your never-ending holiday to-do list — you do have a to-do list, right? — then skip to the part that you need most.