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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**A season for giving**

**By Stephanie Foster**

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The holidays are upon us. It is the best time to teach your family about caring for others. In the midst of all the holiday madness, there are so many people who need and deserve your help, and it can be so easy to do.

One easy idea is to contribute to Christmas Child. This program is run by an evangelical Christian group, Samaritan's Purse. All you have to do is fill a shoe box with small gifts for either a boy or a girl. Good things to include are small toys, school supplies, soaps, toothbrushes, or just about anything small that will benefit the child. They do ask for a \$5 contribution to help them ship the box. For more information, visit <http://www.samaritanspurse.org/index.asp?section=Operation+Christmas+Child>.

You can also consider donating to your local food bank. They need so much more than just creamed corn, of course. Talk with your children about the foods that make the holidays special to them, and how families with less would appreciate them. You may not be able to donate a favorite, as food banks are greatly limited in what they can distribute, so consider donating the ingredients. Alternatively, call your local food bank and ask what they need. They may have enough food staples, but need things like condiments or mixes. Nonperishable donations are typically more welcome than perishable items, and may be all they can accept from individuals. For a list of the items most needed by most food banks, take a look at <http://www.sandiegofoodbank.org/needed.html>.

Another way to help is to volunteer. Homeless shelters and battered women's shelters can always use help. Many battered women have nothing but the clothes on their backs, and desperately need all kinds of supplies. If you would like to help, check <http://www.katesfeminist.info/dv/help/a-m.html> for a list of some shelters nationwide. Homeless families may have little more. For more information, check with your local homeless shelters or with the Red Cross at <http://www.redcross.org/donate/volunteer/>. These are all people who, without help, will miss out on even the smallest parts of this holiday season.

Taking the time to show your children that you care about the world you live in is a lesson they will never forget, and remind them of the true meaning of the holidays. Whether you donate goods, money or time, you will make a difference in your children's lives and the lives of those in need.

Stephanie Foster is the owner of Home with the Kids, a resource that knows that there's more to staying home with your family than just business. From money saving tips to parenting and marriage tips, to work at home jobs and businesses, you can get information and support here. You can visit the site at <http://www.homewiththekids.com>.

## **5 Ways to Lose Those Holiday Blues**

**By Gene Simmons**

What a great time of year! It's a time to be thankful for what we have and enjoy all the festivities that mark a renewal of our hope and faith in the "system" that will carry us toward a bright new year.

Right... So if this is such a wonderful season, how come so many of us wind up in Yucksville? It may have something to do with losing our rational map about the time we made the turn at the Grotto of the Great Pumpkin. Let's see if there isn't something we can do to help brighten up this holiday season just a bit.

1. Focus the real reasons we're celebrating.

It doesn't make any difference if we're celebrating Thanksgiving, Christmas, Chanukah, Kwanzaa, Winter Solstice, Boxing Day or New Year's Day - there is a special significance attached to every holiday. When things start to get out of hand, just take a perspective break to think about why we're observing this special event.

2. Plan ahead.

There are only 24 hours in a day and we need to sleep sometime. By doing just a little planning (and in general, sticking with the plan), we won't be trying to accomplish everything at the last minute. Be sure to include plenty of leisure time just for you and your family or friends so you can step back and enjoy the season together.

3. Budget wisely.

It's not very relaxing to think about having to spend the next year paying off the debts you've accumulated in the spirit of over-zealous giving. Put together a logical budget and stick with it. The basic rule of thumb is "If you ain't got it, don't spend it!"

4. Help others.

It's the season for giving - and the most precious gift we have is ourselves. Find a way to help those less fortunate. Volunteering our services is a great way to take our minds off of the loneliness some of us may experience at this time of year.

5. Don't over-indulge.

## A season for giving

Too much of a good thing - food, beverages, spending, celebrating - may be fun at the time but it can also produce moderate to severe consequences. Use a common sense approach to the festivities this season. Position yourself so you will be able to truly enjoy the weeks and months that follow.

Gene, through

, provides an easy reading self-help blog, articles, quotations, thoughts

and links along with affordable books and materials written to help folks find the road to a more enjoyable lifestyle, to pass on some of life's "secrets for survival" in a chaotic world & offer a few smiles along the way. It's a down-to-earth, simple approach to discovering a better life. You can visit Gene at

5 Ways to Lose Those Holiday Blues  
When Will I Reap My Financial Harvest  
The True Importance Of Gift Giving  
Holiday Intentions  
Carlos Zambrano: Over-Shadowed by Greatness

Palmistry  
The Ultimate Rose Garden- Neighbors envy, owners pride!  
Control your Headache!  
See-Thru Guide for Cameras  
Beat that Fat

A season for giving



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