

How to Survive Christmas? The Results of the Survey Are In

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By Susan Dunn

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The Emotional Intelligence Coach™

The results of the EIS International Survey are in, and way ahead of the pack is ... "Make sure to laugh at least 5 times a day."

Choices in the poll conducted through the "EQ and You" eZine, included:

- Take a vacation this time of year
- Review my Emotional Intelligence competencies and use them
- I finished all my shopping in November
- Have a home-decorating party and let the guests help us
- Get extra sleep and exercise, take vitamins, get a flu shot
- My mother-in-law keeps the kids for a week when school gets out
- Breathe deeply ... often

25% of respondents chose "breathe deeply ... often." 17% chose the extra health tips. 8% check in with their Emotional Intelligence competencies and use them, and a whopping 50% say they make sure to laugh at least 5 times a day.

THE BEST CURE

We know the benefits of laughter, but sometimes we forget - that we need it most when it might not be the top thing on our minds. Short of a real crisis or tragedy, there's not much that can't be cured by a good laugh.

It's the sure stress-buster for when the cookies burn, when you've got your hands full and the phone rings and it's another telemarketer from the great Commonwealth of India, when you get the flu the day of the best Christmas party of the year, when a major appliance breaks down in the month of December, or when you've been notified the special gift you ordered isn't going to make it in time.

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Keep your sense of humor! Lighten up and let your light shine. We all need smiles and hugs this time of year ... and lots of laughter.

To help you 'get' this, the editor of "EQ and You" eZine suggests a sprinkling of music. "Listen to that girl laughing during 'We Wish You A Merry Christmas,' by the Ras Family (<http://inyurl.com/y6sp>)," says Susan Dunn, The EQ Coach™. "Internalize it, and apply it liberally. Spread some Joy to the World!"

©Susan Dunn, MA, cEQc, The EQ Coach™, <http://www.susandunn.cc> . Bring the power of Emotional Intelligence to you through coaching, eBooks, distance learning. [Mailto:sdunn@susandunn.cc](mailto:sdunn@susandunn.cc) for FREE eZine. And keep laughing!

What Do You Want This Year?

By Angie Dixon

Christmas is all around us, and many people are making up wish lists. Those who aren't doing that are busy setting down their New Year's Resolutions already. But this is a good time to sit down and do some serious introspection.

What do you want from the holidays this year? Do you want to rush around, spend a lot of money you don't have, and yell at the kids for not playing with all twenty of the toys they asked for—at the same time? Is that really how you want to spend Christmas?

We talk about "Christmas spirit," and mostly we mean giving. Giving of ourselves, giving to people who need it. That's great, that's Christmas spirit.

But I think there's another aspect to "Christmas spirit." I think it's spiritual. And don't close your screen on me because I said spiritual. I didn't say religious, because it's not. I think it comes from our souls.

I think deep down, each of us has a spirit that wants to be expressed. And I think at Christmas, when we're naturally thinking of others, that spirit is more easily expressed. I think if you want to, you can have a spiritual Christmas. You can feel loving, caring, generous. You can feel like a kid at Christmas, just by opening up to your spirit.

So what do you want this year?

Angie Dixon helps small business owners get their acts together. She is a personal development coach specializing in helping people integrate their home and work lives so they feel less stretched and more balanced. Get her FREE EBOOK on balance at

. For questions or

to discover how coaching can change your life, contact Angie at

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. Thank you.

What Do You Want This Year?

Need To Recapture The Magic Of Christmas? Try Inspirational Christmas Stories!

What Do You Want for Christmas?

Tips For Developing An Effective Questionnaire

Wish Upon A Star

Refund Plague Mini–Course

Christmas Happy Package

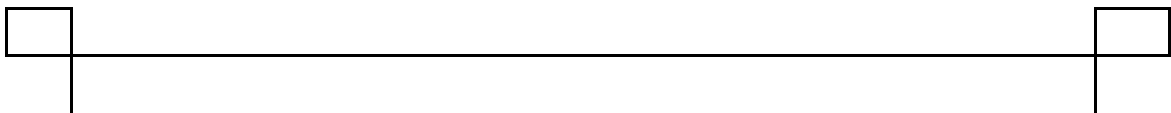
How to Use Your Mind for Study

The Big Book Of Cookie Recipes

120 Lip–Smacking Good Jam Recipes



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