

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

**Ten Ways to Save Your Sanity During the Holidays**

**By Marie M. Roker**

**Ten Ways to Save Your Sanity During the Holidays**

by: **Marie M. Roker**

1. Set limits for yourself.

Good resource:

<http://www.relaxandbreathe.com>

2. Shop Early or Online.

Amazon.com

. Target and Wal-Mart have great deals. If you

want to avoid another Tickle Me Elmo disaster, shop online. Good resource for toys:

<http://www.successfulchild.com>

If you can't find what you're looking for, do a search on

Google.com

<Http://www.google.com>

or check

out Ebay

<http://www.ebay.com>

## Ten Ways to Save Your Sanity During the Holidays

for your item.

3. Respond, don't react to annoying family members.

Good Resource:

<http://www.difficultpeople.com>

4. Don't Try to Be a Host/Hostess Extraordinaire.

5. Shop Wisely.

gifts. Let your children know in advance that there might be a chance that you won't find their gift.

6. Don't Overspend.

Give yourself a budget and stick to it. Need to compare prices? Use an online tool such as

<http://www.shopping.com>

,

<http://www.bizrate.com>

,

<http://www.activshopper.com>

or

<http://www.pricegrabber.com>

. Limit yourself to gifts for people on your list. If you need extra gifts (just in case someone gives you one), buy a basket and fill it with candles, and other goodies.

7. Avoid too much alcohol consumption.

8. Stop Wishing for a Perfect Holiday.

9. Take Care of Yourself.

10. Socialize.

Tutor.com

smartbeecoach@writeme.com

## **Holiday Sanity Savers From A Mostly–Sane Mom**

**By Nicole Dean**

Here are a few ideas to help you keep your sanity this holiday season.

Nicole Dean is a mostly–sane mom and creator of

<http://ShowMomTheMoney.com>

- a fun and

<http://www.showmomthemoney.com/TimeSavers.asp>

and to take her free

tutorial for work at home moms at

<http://www.showmomthemoney.com/free-tutorial.htm>

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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