

Holiday Survival Guide

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We know the summer holidays can be tough for families and we want to help. Our summer survival guide will give you all the tips you need ...

The Big Issue's Summer Survival Guide: Helping families through the holidays in a cost of living crisis

Eating a low carb, high protein donut for breakfast almost every morning has helped me stay on track and I plan to continue through the holiday season! The Big Meal Unless you give yourself ...

On The Keto Diet? You Need This Holiday Survival Guide

Summer is here, hooray for summer. The school holidays approach, hooray, but wait for it, wait for it, here it comes ... "I'm bored." "Dad, I'm bored," says Child C because he has had ...

The school holiday survival guide, 1980s style

Go carry-on only. Nothing spoils a holiday quite like your bags being MIA, and with the general state of airports right now, the chances of suitcases disappearing is at an all-time high. We're devoted ...

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A 9-Step Guide To Surviving The 2022 Travel Chaos

The 2022 Ultimate Ecommerce Holiday Survival Guide advises readers on how to keep online stores performing well and customers happy all year round. To learn more about holiday readiness ...

Nexcess Releases 2022 Holiday Guide for Ecommerce Business Owners

Books are an underrated companion on vacation, but these summer reads should be on your holiday packing list ... solve a murder mystery or fight for survival on a desert island — all without ...

Top 12 books to take on your summer holiday

Jane advises: ‘Sit down together and decide some ideas for your family holiday routine, because that means you will have kids who are much more engaged with the schedule and by contributing ...

Attention, parents: Here’s how to survive the school holidays without losing your mind

Enjoying your holiday? How about a nice underground bunker ... US’s “preppers” and the super-wealthy, some of whom see “survival of the richest” as a perfectly reasonable part of the ...

Disasters, bunkers and financial collapse: a little not-so-light holiday reading

The day my life changed started like all the others that came before it on our beach holiday. I read for a ... up and down a giant cheese grater. My survival strategy included not crying if ...

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Knowing how to read the signs and when to let go

All the places where kids can eat free during the summer holidays How to find an affordable holiday club for the summer break ... Here's our Summer Survival Guide, which we will update regularly with ...

Holiday activities: Make this handy harmonica

Most of such manuals listed a staggering number of items that were meant specifically for survival in the harsh ... However, these tried and tested guide books were effective and incontestable ...

Feeling the heat: How memsahibs in the 19th century tried to party through Indian summers

"NBA 2K21" next-gen Patch 3 is officially live with holiday courts ... rules and how to get the Skully Claus spray. "ARK: Survival Evolved" update 2.43 brings Genesis 2 Chronicles to the game.

Christopher Groux

SAS and unions were locked in more talks on Thursday to end a strike among most of its pilots at the peak of the holiday travel season ... ultimately, the survival of the company at stake," CEO Anko ...

SAS locked in talks over pilots strike it says threatens its survival

SAS and unions were locked in more talks to end the strike, now in its 11th day at the peak of the holiday season. Most pilots are striking over conditions related to the Scandinavian carrier's rescue ...

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Do you and your emotions get hijacked every year at the Holidays? Then this book is definitely for you. It is chock-full of easy-to-implement tools, techniques, and mindsets to put into play BEFORE you even arrive onto the scene of your next Holiday drama. The trick is to approach the Holidays as you would any event by planning in advance and finely tuning your expectations. Expectations, after all, are premeditated resentments. Author Silver Rose confesses, "In the past I approached family holidays like Martha Stewart on crack. I wanted to control everyone and everything and they never cooperated!" After lots of experimentation over two decades, a clear set of tools emerged and I became less and less "hooked" by drama. Now I look back at my Holidays with serenity instead of sobs." These tools work! Give yourself an early Holiday gift and buy this book.

The holidays are magical time, but if you're the one making all that magic, they can bring a lot of stress too. With checklists for managing typical tasks of the Christmas season like sending out holiday cards, buying gifts, decorating, and staging your 'Elf, ' as well as a 'holiday fun' bucket list, self-care tips, and blank, lined pages for notes and lists, this guided notebook will help you stay on top of it all and actually enjoy the season too. This 6x9in journal has 100 pages and is compact enough to take with you so you can jot down gift ideas, reminder, and notes on the go.

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Fed up with the annual holiday madness? It's time to take control of overspending, overgifting, overdecorating, and overtiring yourself and your family. Refuse to do it anymore! Find out how to draw up a practical yet inexpensive gift list, decorate your home with what you already have and even get rid of some of it, dress yourself and family from thrift stores, and feed your family and guests without breaking your back or the bank. Learn how to prevent kid and pet meltdowns, too. With a little humor and a lot of improvisation, you can provide a successful holiday season for yourself and your loved ones without pleasing the credit card companies and adding to the me-ism of society. Try the tips and suggestions in this book and you may be able to restore peace and goodwill toward men, women, and children in yourself. It's your holiday, too!

The holidays are a battlefield. After weight loss surgery you need more than recipes - you need a plan. Tips, tricks - and, yes, recipes! - to survive the holidays stress (and murder) free!

A guide for people in all stages of recovery to navigate the common triggers and difficult situations that arise at family gatherings, work functions, and at home during the holidays. Also includes tips and insights for family and friends who wish to know more about supporting recovery.

"The Studio City Life Coach's Holiday Survival Guide" is the brainchild of Scot L. Swann, a fully licensed shaman, yoga instructor, life coach, and former actor - don't ask! - helping people achieve their goals and take their lives to the next

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level in the land of dreams, Studio City, California! Through years of training and working on himself in the form of anonymous twelve step fellowships, PTSD therapy, and ayahuasca vision quests, Scot has cultivated the tools necessary to stare down his most formidable foe: the holiday season. Through a series of personal narratives, meditation exercises, and reframing techniques, Scot will help you survive - and even thrive! - during the holiday season. That is, if he is able to keep his own wits about him. While Scot has come a long way, a recent breakup with his Reiki healer boyfriend, an ongoing feud with the cutthroat Studio City Reiki community, and lingering tensions with his wildly dysfunctional parents threaten to undermine Scot's newfound peace of mind. At turns funny, spiritual, manic, and candid, "The Studio City Life Coach's Holiday Survival Guide" is the holiday primer that will go down like spiked hibiscus kombucha, making you laugh while leading you toward a saner, happier, easy-breezier holiday season!

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