

Save Your Holiday Sanity



California Center for the Book
CLA conference 2008

What did I used to love
about the holidays?
What do I hate about them?

"I am reminded over and over
that it is shared experiences, not
objects, that we most value
and remember."



from *Simple Pleasures for the Holidays*

What do my loved ones love and hate about the holidays?



"You may find that the very things you dread about Christmas make others feel stressed or overwhelmed, too. Once you bring the question out into the open, you've created something that didn't exist before - the possibility of doing it differently."

from *Simplify Your Christmas*

What would happen if I let go of perfectionism?



Gifts – stop the runaway train!



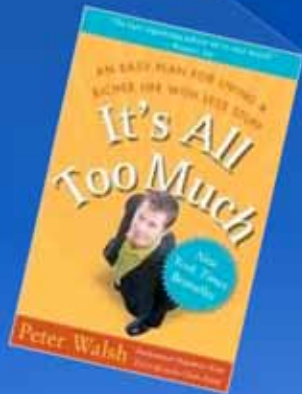
Think quality, not quantity.



“When we spend money on the basics of survival..we receive maximum fulfillment for the dollars spent. To a slightly lesser degree we are fulfilled as we begin to spend on a few comforts and luxuries. Beyond this, however, the curve peaks and begins to drop so that we receive less fulfillment for the dollars spent.”

from *The Complete Tightwad Gazette*

Give (and ask for)
consumables and services.



“Gifts comprise a large chunk of clutter because they tend to be items with value that aren’t exactly what you want or need.”

from *It's All Too Much*

Don't set foot in the mall.

Alternatives to mall shopping:

- art-supply store
- office supply store
- hardware store
- garden center



from *Debt-Proof Your Holidays*

Count our blessings.



Peace.

