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Lisa Lelas, Linda McClintock, Beverly Zingarella
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SIMPLE STEPS FOR EVERY HOLIDAY

An Easy Plan for More Joyful,
Less Stressful Celebrations
All Year Long

Christmas
Hanukkah
July 4th
Halloween
Thanksgiving
and more!

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LINDA McCLINTOCK,
and BEVERLY ZINGARELLA

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0 of 1 people found the following review helpful. Love these authors!By JCreeseGreat book for anyone who wants to be more organized and ready for holidays! Love it!

The pressures of preparing for a holiday can be overwhelming. Now, the authors of the life-affirming Simple Steps: 10 Weeks to Getting Control of Your Life give readers a real holiday gift. For each special day, they offer specific, helpful Simple Steps for all aspects of life: health, fitness, home, family, and most importantly, the self. Readers will find easy ways to: * Make the holidays healthier: lower-calorie celebratory meals and treats for every occasion * Spread the spirit: remember the true meaning and history of various holidays * Keep the energy up: learn seasonally appropriate exercises that relax and invigorate * Enjoy the holidays again: organize and plan the right way-decorating, shopping, wrapping, and cleaning up can be a joy, not a chore!

About the AuthorLisa Lelas, Linda McClintock, and Beverly Zingarella, known as the "Guilford Girls," are the authors of Simple Steps: 10 Weeks to Getting Control of Your Life, and have appeared several times on Oprah.