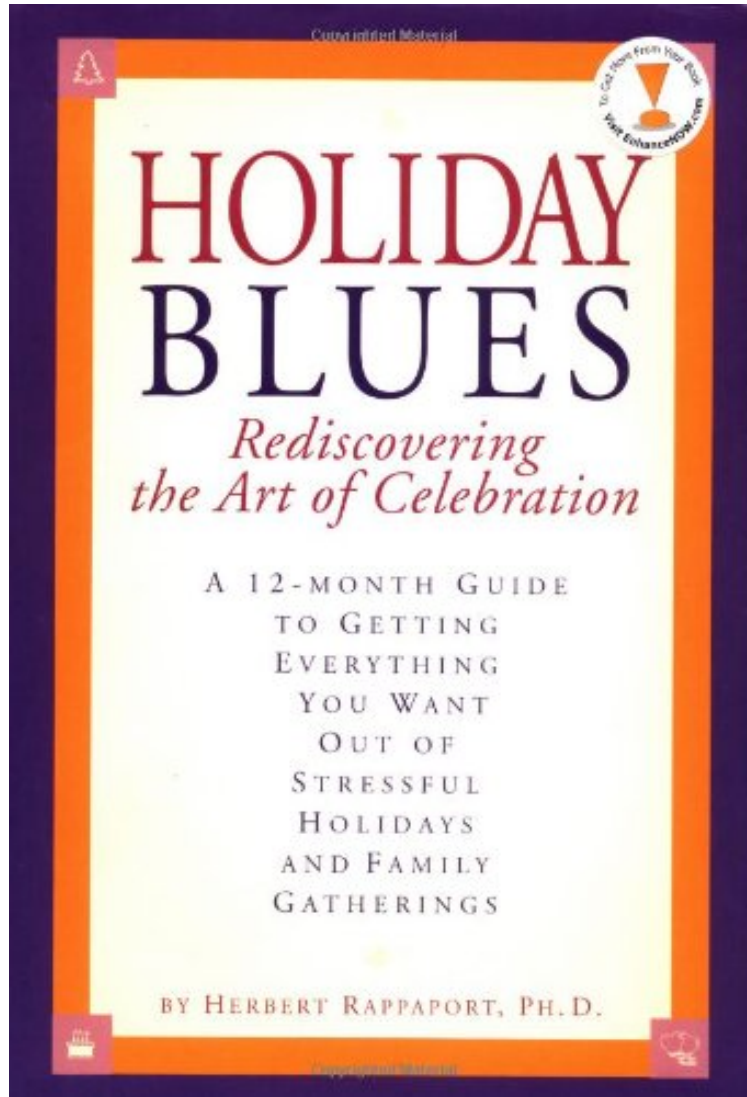


(Ebook free) Holiday Blues: Rediscovering The Art Of Celebration

## Holiday Blues: Rediscovering The Art Of Celebration

*Herb Rappaport*

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**Herb Rappaport : Holiday Blues: Rediscovering The Art Of Celebration** before purchasing it in order to gage whether or not it would be worth my time, and all praised Holiday Blues: Rediscovering The Art Of Celebration:

0 of 0 people found the following review helpful. ExcellentBy Ruth CampbellThis book tells you just what kind of person you are if you hate birthdays, holidays, etc. It outlines all the personality types and reasons for hating the holidays. Fun to read and study.

Few people may admit it, but many of us dread holidays, a time when expectations and obligations run high -- and so

do stress and depression. Even those who think they have no conflicts may suffer from post-holiday letdown. The insight in this wise, realistic self-help book resonates at all times of the year, not just during the major religious and secular events. Providing valuable suggestions for surviving and enjoying holidays, it also addresses birthdays, anniversaries, vacations, and other special occasions that occur on a regular basis; even Valentine's Day and Mother's Day. Fascinating case studies put a human face on this condition shared by so many, helping to illustrate a variety of classic seasonal conflicts in a sympathetic and result-oriented manner. A guide to specific personality types, such as the Juggler, the Perfectionist, the Merrymaker, and the Loner, helps the reader identify and understand personal sources of holiday anxiety, and suggests ways to resolve them.