



Get Christmased 2014: Create the Christmas season that works for you and your family

Magda Pecsénye

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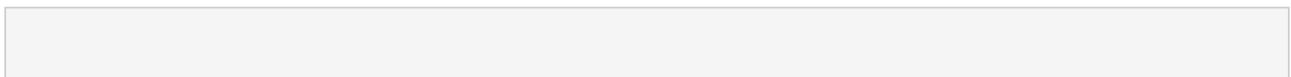
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Does the Christmas season sneak up on you every year and leave you feeling vaguely irritated, guilty, or inadequate, or too peppy with nowhere for your energy to go? Do you wish you could create a really fantastic Christmas experience for your kids but you don't really know where to start? Do you feel conflicted, because you feel like it's all too religious or not religious enough and you don't feel like you're hitting the spot you want to hit in the middle of all the cultural confusion? Do you kind of just want to hibernate through the whole season and wake up in January? Buy the Get Christmased 2014 Workbook instead! Get Christmased 2014: Create the Christmas season that works for you and your family is a workbook that leads you through all the steps you need to create a December that feels good to you. Safe for Christians, atheists, Jewish people, anyone of any belief system who wants to create a more meaningful experience for the whole Christmas season. This is for you if you: know how you feel about Christmas or don't know how you feel about Christmas or have known knowns, known unknowns, or unknown unknowns have any interest in observing or marking the Christmas season or being ok with the Christmas season, even if you don't celebrate Christmas per se have kids of any age (whether they celebrate Christmas or not) or don't have kids are single, married, partnered, divorced, partnered with the other parent of your children, partnered with someone who isn't the parent of your children, "it's complicated," or anything else want a little more personal peace and less stress through the long Christmas season This is not for you if you: ignore everything about Christmas, religious and secular and cultural In the workbook we: Uncover your ideas about Christmas Identify all the things about Christmas that can be problematic Discuss important concepts that might help you bring ease to your Christmas season Present some holidays that overlap with Christmas that might be of use to you Create a Christmas for your kids that is as great as the ones you had growing up, or better Identify what you want the Xmas season to feel like Make a plan for Christmas, including choosing meaningful themes and activities Write it all down in a master sheet to keep track of it You know you want it. You know you need it. You can have it. "The Get Christmased Workbook is a wonderful tool to help guide you through the holiday season. As a parent in an interfaith family, we often have to wade through the issues of Christmases past for me, and nonChristmases past for my Jewish husband. Add our Jewish children in the mix and my Christian family, life gets complex. By putting forth a series of guided questions, Magda Pecsénye's workbook allowed me to examine what is truly important to me as a parent and person during the Christmas season. I am able to move toward this year's holiday season without the fear and tension (okay with less tension) of the past. This exercise does take some time, but it is well worth it to stop and really examine what the meaning of November and December should be for yourself. The best part is that there are no wrong answers." -- Nancy W. Boston MA "The Get Christmased Family Workbook felt like it was written just for me. I love Christmas but each year I feel like i'm struggling to regain my childhood joy and wonder from underneath a pile of obligations and stress. This year after doing the workbook I feel like i have a plan, I know what I can get done and what I can let go. I'm looking forward to Thanksgiving instead of feeling like I haven't prepared enough. Once I went through the workbook I discovered a few things stressing me out that I hadn't realized were adding to my stress, and was able to decide how to deal with them so I didn't have that underlying stress (hint: family drama). I highly recommend this workbook if you feel overwhelmed or stressed by the holiday season!" --Leah C.



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