



## **Creating Happy Holidays** **Dr. James B. Richards**

1. Thankfulness
2. Making New Traditions
3. Christmas With A Purpose
4. The Christmas Message: Peace on Earth



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Holidays can be a time of incredible joy or tormenting misery. For some, it is a time of bad memories and negative feelings. For others, there is a desire to make the season more spiritual and meaningful. Still others struggle to find ways to meet the needs of everyone in the family. And nearly everyone struggles with over spending. Regardless of which category you fit into you can take absolute steps to create wonderful holidays.

This series of messages has become a real turning point for hundreds of people. Almost immediately people started taking steps to overcome the negative aspects of the Holiday season. Join with those who have decided to Create Happy Holidays:

- Free yourself from Holiday depression
- Create a Holiday that the whole family enjoys
- Break out of the Christmas financial trap
- Bring more spiritual meaning to the season
- Make every present meaningful
- Create your own family traditions
- Bring spiritual value to the season and still have Christmas fun

"For years the Christmas holidays were tormenting. Every year I struggled with depression, frustration and anger. But with the help of my family, close friends and by making new decisions, I have wonderful holidays and you can too. I can't wait to share this life changing series with you!" *Jim Richards*

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