



## Getting in the Christmas Spirit: A Gift Of Inspiration For The Holidays

*Tian Dayton*

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## **Getting in the Christmas Spirit: A Gift Of Inspiration For The Holidays** Tian Dayton

Holidays are a time of inspiration, celebration and self-reflection. They are a heightened moment in the year in which we feel life, family, and friendship more deeply. A time of taking stock and appreciating the life that surrounds us all year long, but which we are perhaps too busy to savor and enjoy at other times. This book is designed to remind us of what the Christmas season is all about: its joys, its memories, its promise of birth and renewal. It also offers practical suggestions for managing the added stress that is part of the season. Through inspiring affirmations and the collected readings and quotes of others, Dr. Tian Dayton guides readers through the deeper spiritual and emotional experience of Christmas. This beautifully designed book makes a truly meaningful gift for the holiday: the gift of inspiration.

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