



## **The 12 Ways of Christmas** *How to Survive, Thrive and Actually ENJOY the Holidays!*

As the holidays approach, many women give themselves the usual pep talk and vow to actually *enjoy* the upcoming holiday season. This optimism takes a sharp nosedive as the to-do list grows and social obligations mount. Once again, women find themselves unable to regain control. *The 12 Ways of Christmas* is here to help women succeed in making the holiday season the joyous time it's meant to be.

*12 Ways of Christmas* is a *free* online resource and website that Santa brings to multi-tasking women 12 times in the eight weeks leading up to Christmas. Packed with tips, tricks and time-saving strategies, the objective of these articles is to teach women how to get the most out of their holiday season.

"We've kicked off a fabulous series of small, simple ways you can make big changes in your holiday season," says Kyle Young, CEO of Multi-TaskingWoman.com and the brainchild of *Twelve Ways of Christmas*. "I know that this time of year if I'm not careful, I can get so caught up in the to-do lists that I don't have time to really feel the joy of the season." To compile the most relevant topics, Young has enlisted the help of women around the country, including Atlanta-based contributors Suellen Germani of Creative Order, Karen Hughes of Image Assets and Marsha Peterson of MyTradeSecrets.com.

Here are a few tips featured in the *12 Ways of Christmas*:

- Keep your sanity by putting EVERYTHING on your calendar - from grocery shopping to party going. Look hard, and then start crossing off anything you really don't want or *have* to do!
- Mix high quality pre-prepared foods in with your homemade specialties. You'll save time and no one will know the difference!
- Stop and BREATHE! Yes, come to a halt - no texting, talking or any distractions while you take five deep breaths.
- Party attire? Black may cover all the basics, but go bold on your lips at night! Bright red will pop. And this year, if you're feeling fashion-forward, add some bling with a sparkly cuff bracelet or an oversized cocktail ring. Holiday sparkle works even with jeans!
- Have your décor and use it too! Forget filling your glass vases and silver bowls with flowers that will need tending. Let them overflow with inexpensive glass ornaments, or even with masses of oranges, apples and lemons.

For more of holiday tips, tricks and time-saving strategies, visit [www.12waysofchristmas.com](http://www.12waysofchristmas.com). For more information or to set up an interview, please call Kyle at 770-818-0022 or email [kyle@Multi-TaskingWoman.com](mailto:kyle@Multi-TaskingWoman.com)

Thank you,

Kyle

**About *12 Ways of Christmas*:**

The 12 Ways of Christmas is a free online resource designed to help the multi-tasking woman maintain her sanity during the holidays. Brought to you by Multi-Taskingwoman.com and the Holiday Chill, the campaign will feature experts from across the country teaching tips, tricks, and time-saving strategies. Holidays can be jam-packed with food, friends, and frantic running around when they should be FUN! Visit [www.12waysofchristmas.com](http://www.12waysofchristmas.com) for more information.

**About Kyle Young, CEO of Multi-Taskingwoman.com**

Kyle Young, CEO of Multi-TaskingWoman.com is a sought-after marketing consultant, author, speaker and entrepreneur. Young created Multi-Taskingwoman.com with her belief that every woman has a unique story that can inspire, encourage, and bring a smile to other women. A true multi-tasker herself, Kyle has earned a reputation for listening well, assessing a situation and zeroing in on ideas, resources and connections that are more than creative – they're effective. For more information visit [www.Multi-TaskingWoman.com](http://www.Multi-TaskingWoman.com).