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FOR IMMEDIATE RELEASE:

The 12 Ways of Christmas

How to Survive, Thrive and Actually ENJOY the Holidays!

ATLANTA (November 30, 2009) — According to the American Psychological Association (APA), more than 60% of women feel stressed during the holidays and 68% of women are fatigued. Most women feel the burden of family responsibilities during the holidays such as organizing social gatherings along with shopping, cooking, and cleaning. For these frazzled women, *The 12 Ways of Christmas* will deliver simple yet essential strategies to survive, thrive, and enjoy the holidays.

The 12 Ways of Christmas is a free e-note that Santa will deliver to multi-tasking women twelve times in the eight weeks leading up to Christmas. Packed with tips, tricks and time-saving strategies, the *Twelve Ways of Christmas* teaches women how to get the most out of their holiday season. Touching on relevant themes that women truly care about, the e-notes are packed with topics on frugal spending, sassy accessories, healthy eating, and more.

“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,” says Kyle Young, CEO of Multi-Taskingwoman.com and creator of the campaign. “That’s why, with the help of some other talented multi-taskers, we’ve kicked off a fabulous series of small, simple ways you can make big changes in your holiday season.”

E-note topics include:

- Dress up! Show Up! And have some Fun
- Canapes to Christmas Cookies – How to Be Prepared
- How to Party without Paying the Price
- Eat, Drink and Wake Up Thinner on New Year’s Day

For more of holiday tips, tricks and time-saving strategies, visit www.12WaysOfChristmas.com. To schedule an interview with Kyle Young, please call 770-818-0022 or email kyle@Multi-TaskingWoman.com.

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About *12 Ways of Christmas*:

The 12 Ways of Christmas is a free e-note campaign 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 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