

Elisabeth's Holiday Stress Busting Teleseminar, November 30, 2008, 9 p.m. EST

Three Reasons why holiday stress is particularly bad:

1. _____

2. _____

3. _____

What is stressing you during the holiday season?

1. _____

2. _____

3. _____

4. _____

What can you do about it?

1. _____

2. _____

3. _____

4. _____

5. _____

<http://www.MyFavoriteSelfHelpStuff.com>

<http://www.InstantStressReliefStrategies.com>