

Press Release

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FOR IMMEDIATE RELEASE

GOOD-BYE HOLIDAY STRESS AND OVERSPENDING – SIMPLER CELEBRATIONS ARE HERE TO STAY!

It all started so innocently. Nancy Twigg simply wanted to make the holidays something to remember for her family and friends. As a one-woman Christmas machine, she was determined to see that the Yuletide holidays were picture-perfect for everyone that year. Great idea, right?

Wrong! What was meant to be Christmas magic quickly became Christmas mayhem. Her desire to have a wonderful Christmas soon became an obsession with orchestrating the *perfect* Christmas (if such a holiday even exists). Despite her best intentions, Nancy's lofty aspirations quickly siphoned the joy and spiritual significance right out of her family's holiday season.

"Oh, my intentions were noble, but my follow-through was pitifully off-kilter and out of whack," states Mrs. Twigg, author of the new book, *Celebrate Simply: Your Guide to Simpler, More Meaningful Holidays and Special Occasions*.

Soon after her dreadful holiday experience, Nancy learned that her experience was not uncommon. What happened in Nancy's family one

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miserable Christmas happens frequently as families everywhere celebrate special occasions. "Gift giving gets too expensive; simple family dinners quickly become ten-course meals," says Mrs. Twigg. "Quality family time gets lost in the shuffle and everyone ends up disappointed."

Having seen how ugly the out-of-control holiday stress and spending monster can be, Nancy quickly became determined to keep that monster in its place -- far, far away from her family's future celebrations. "I wrote *Celebrate Simply* to share with others what I've learned over the last several years: Celebrations can be simple! They can be meaningful! They don't have to be stressful!"

Celebrate Simply talks a great deal about Christmas, but also addresses other major holidays and special occasions such as weddings and birthdays. "All of these celebrations have the potential of being ruined by too much stress, too much spending and too little time for focusing on the true sentiment of the occasion," explains Mrs. Twigg. The book is written from a Christian perspective, so it includes information on adding spiritual significance to the holidays as well.

The publication date for *Celebrate Simply* is August 2003. Advance reading copies available upon request. Nancy is also available for interviews as an articulate and tireless advocate of simple and stress-free celebrations.

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