

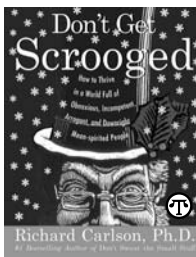


Stocking Stuffer Books

Don't Get Scrooged

(NAPSA)—While the holidays can bring out the worst in people, there are a few ways to keep yourself from getting Scrooged. The first tip is to read “Don’t Get Scrooged,” a festive handbook on how to avoid, appease and even win over the Scrooges who haunt your holidays year after year.

Written by Richard Carlson, author of the best-selling “Don’t Sweat the Small Stuff,” this book offers practical and entertaining solutions to the problems of Scrooges, whatever form they take—whether they’re bad drivers, rude salesclerks, grumpy bosses or stubborn in-laws.



Here are three of Carlson’s tips to survive last-minute gift shopping, awkward family reunions, the office Christmas party and noisy neighbors:

1. Ban worry from your holidays. You’ll be making room for much nicer things—like the pleasure of the moment—when you do.

2. Reclaim your time. Prune away situations and Scrooges that are unpleasant. You don’t have to go to Aunt Bessie’s party every year. Savor the traditions you love.

3. Dodge the oddballs. Modify your routine to steer clear of scroogey situations. A little avoidance can go a long way during the holidays!

Arm yourself for battle against bad behavior and experience a happier holiday season. The book is available everywhere books are sold.

For more information, visit www.dontgetscrooged.com.