



PRACTICAL WAYS TO CREATE MEANING

Reclaim Your Holidays resource list

Here are books and other resources to help you simplify your holidays.

Colwell-Lipson, Corey and Lynn Colwell. *Celebrate Green*. The Green Year LLC, 2008. (ISBN: 0615239730)

Celebrate Green! offers tips, strategies and ideas for creating celebrations with more meaning and less negative impact on people and the Earth.

Cook, Deanna F. *FamilyFun's Parties: 100 Party Plans for Birthdays, Holidays & Every Day* (FamilyFun Series, No. 3). Disney Editions, 1999. (ISBN-10: 0786864540; ISBN-13: 978-0786864546)

One online review says, "Everyone comments on how cute the decorations and snacks/cakes are [that I make using this book], and everyone is surprised when I tell them how easy they are."

Cox, Meg. *The Book of New Family Traditions: How to Create Great Rituals for Holidays & Everyday*. Running Press, 2003. (ISBN-10: 0762414421; ISBN-13: 978-0762414420)

Ideas for rituals and traditions, along with practical instructions on how to implement and tailor ritual to one's own family, are the focus of this book.

Living Sustainably: It's Your Choice at <http://extension.oregonstate.edu/catalog/pdf/ec/ec1614.pdf>. Oregon State University Extension, Corvallis, Oregon, 2008.

This pdf focuses on making choices to improve quality of life and reduce negative impact on the environment.

McDonnell, Patrick. *The Gift of Nothing*. Little, Brown Books for Young Readers, 2005. (ISBN: 031611488X)

This simply illustrated, charming children's picture book tells the meaning of friendship and gift-giving.

McKibben, Bill. *Hundred Dollar Holiday: The Case for a More Joyful Christmas*. Simon & Schuster, 1998. (ISBN-10: 068485595X)

In this 96-page, McKibben offers some suggestions on how to rethink Christmastime, so present-buying becomes less important than dozens of other possible traditions and celebrations.

Reclaim Your Holidays at reclaimyourholidays.org. University of Northern Iowa Center for Energy and Environmental Education, Cedar Falls, Iowa, 2010.

This website has tip sheets with loads of ideas on creating more meaningful, greener holidays.

Robinson, Jo and Jean Coppock Staehili. *Unplug the Christmas Machine: A Complete Guide to Putting Love and Joy Back into the Season*. Harper Paperbacks, 1991. (ISBN-10: 0688109616; ISBN-13: 978-0688109615)

In its 13th printing, Unplug the Christmas Machine remains one of the most comprehensive guides to managing Christmas stress and combating commercialism.

Sander, Jennifer Basye, Peter Sander and Anne Basye. *Green Christmas: How to Have a Joyous, Eco-Friendly Holiday Season*. Adams Media, 2008. (ISBN: 1605500410)

This book, focused on Christmas, shows how to have fun, environmentally responsible holidays.

Sherlock, Marie. *Living Simply with Children: A Voluntary Simplicity Guide for Moms, Dads, and Kids Who Want to Reclaim the Bliss of Childhood and the Joy of Parenting*. Three Rivers Press, 2003. (ISBN: 0609809016)

This book includes sections on limiting TV, celebrating the holidays, and tapping into families embracing simplicity.

Simplify the Holidays booklet at www.newdream.org/blog/2011-05-simplify-the-holidays-booklet. Center for a New American Dream, Charlottesville, Virginia, 2011.

This booklet has loads of ideas for simplifying the holidays.

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For more information, visit www.ReclaimYourHolidays.org.