

# JUICY WORK NEWS

Updates from The Learning Advantage

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## Ten Tips for Holiday Joy

### Be present.

Time with family and friends often gets limited to just one big day. But it's the holiday *season* — connect with friends and family early and often over the days and weeks and let them know how much they mean to you.

### Don't fret about finding the perfect present.

We all know people who are impossible to find gifts for. And many of us already have more than enough stuff. Instead of prowling the mall, paging through piles of catalogs, or endlessly scrolling through Instagram looking for ideas, give life: an amaryllis, orchid, or rosemary tree in a pretty pot is always a welcome gift. Your presence is often the best gift you can give.

### Make a difference in the lives of people you don't know.

When you donate food, toys, money, and your time, you enrich others and enlarge your heart. It feels good to help those less fortunate, and it reminds us to be grateful for our own good fortune.

### Banish those "shoulds."

You really don't have to compose a yearend letter to send with your holiday cards. In fact, you don't have to send cards at all. You should only do you:



## Career Advice from a Cook and a Small-Town Lawyer

Last November at Washington D.C.'s Kennedy Center for the Performing Arts, best-selling authors Ina Garten and John Grisham shared their sometimes surprising paths to career success and the lessons they learned along the way. In his latest book, *Framed*, Grisham ventures beyond his well-known fictional legal thrillers to shine a light on true stories of people wrongfully convicted of crimes. Garten's newest book, a memoir titled *Be Ready When Luck Happens*, is also a departure from her popular cookbooks, highlighting challenges both personal and professional.

Between them, Garten and Grisham have written or co-authored more than 80 books, and over the course of 36 years they have developed an approach

dedicate your energy to the things you want to do, not the things you think you should do.

### **Homemade is what you make of it.**

You had the best intentions when you invited people over for a four-course holiday dinner. But if making a homecooked meal ups your anxiety, consider ordering a main course like turkey, roast beef, or ham from a good grocery store and adding your own sides. Or make it a potluck dinner with everyone bringing a dish that reflects their heritage. Remember that meals are about bringing people together to enjoy each other's company, not to watch you make yourself crazy.

### **Give yourself the gift of self-care.**

Now is not the time to forgo the things that keep you sane and healthy. Book a massage or a facial. Zone out while watching a holiday movie like "White Christmas" or "It's a Wonderful Life." Don your headphones, close your eyes, and really listen to music by Bach, Beethoven, Mozart, or Michael Bublé — whatever calms your mind. Yoga, Pilates, strength training, and walking around the neighborhood to admire the lights all offer moments of Zen amid the holiday bustle.

### **Enlist the elves.**

You don't have to do it all yourself. Your friends and family may not have pointy ears and wear silly shoes, but they can help make short work of a daunting task, like decorating a Christmas tree. If your holiday must include a festive assortment of homemade cookies, join in a cookie swap instead of baking them all yourself. And you'll find plenty of Internet elves on sites like Angi, TaskRabbit and Instacart who can hang your outdoor lights, wait in line for you at the post office, and do your grocery shopping.

### **Get creative.**

Whether it's decorating cookies, making paper chain garlands, or fashioning a holiday wreath from unexpected items, exercising your creativity during the holidays has a way of taking you back to simpler times. And if you're a Type A, keep in mind that you're not competing with Martha Stewart here.

### **Realize that perfection is illusory.**

Idealized holiday scenes are only found in magazine spreads and Hallmark movies, and only

to their work that has served them well. During their conversation at the Kennedy Center, several key themes emerged that apply no matter what profession or career stage you are in.

### **Don't give up despite rejections**

Grisham's first book, *A Time to Kill*, was passed over by 28 publishers; he still has the rejection letters. When a small publisher finally bought the book and printed 5,000 copies, Grisham bought 1,000 of them. Despite the rejection letters, Grisham continued to work on his second book, *The Firm*. Unbeknownst to him and his literary agent, the manuscript somehow had gotten into the hands of a Hollywood agent who shopped it around to several production houses, touching off a bidding war. Grisham sold the movie rights to *The Firm* even before selling the publishing rights. But with a major studio planning to bring the novel to the big screen, finding a publisher became much easier.

When Garten decided to write a cookbook after nearly two decades overseeing the successful retail specialty store Barefoot Contessa, she had a definite idea in mind of what it should be. She didn't think people needed another exhaustive cookbook

result with massive assistance from professional stylists. If you have perfectionist tendencies, limit them to just a few endeavors, like wrapping festive presents, creating a beautiful tablescape, baking your grandmother's stollen, or synchronizing your outdoor lights to music (if you must).

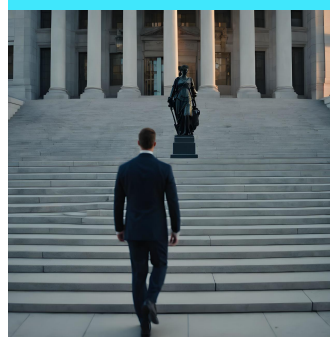
### Avoid Grinches and Scrooges.

Complaining about the commercialization of the holidays is as traditional as candy canes and fruitcakes. But just like those treats, a little bah-humbug goes a long way. If acquaintances lean into the negative, commiserate then move on. 'Tis the season of hope, not hopelessness.



offering hundreds of recipes covering everything from soup to nuts. What readers needed was fewer recipes and more photos of the finished dish. When publishers told her that wasn't the way it was done, Garten trusted her instincts and found a publisher that agreed with her vision. Her first book, *The Barefoot Contessa Cookbook*, sold 1.5 million copies. She'd go on to produce twelve more cookbooks, each one adhering to the successful formula she'd insisted on.

More



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