

Are You Wishing the Holidays Would End Sooner?

The holidays can make painful memories, loss or grief seem even worse.

It's supposed to be the most wonderful time of the year with the gifts, Christmas parties and gatherings filled with yuletide cheer, but instead it's a time of sadness, loneliness and regret. Your emotions veer from nonchalance to anger and hopelessness. How do you get through the holiday season when you're feeling like this?

Perhaps you're one of the 45 percent of people who dread the holiday season, grappling with depression in silence, as reported by recent research published in Psychology Today.

Do something different this holiday season! Learn how you can overcome the holiday blues and find a new level of spiritual wholeness including:

- Simple practical tips to ease your journey through the holiday season
- Methods for handling painful memories and failed expectations
- Steps you can take to move toward emotional healing
- Simple strategies of prayer and spiritual warfare for the holiday season

Those feelings of dread won't disappear by just wishing them away or ignoring them till January. Take action today by visiting

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