



Glo

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*tips for a stress-free holiday*

## The Solution

Braving the holiday shopping scene is not for the faint of heart. Mandel suggests shopping online whenever possible ("Those special bargain codes make it even more delightful," she says) and to make a game plan if you must head to the mall. "Stress management means being prepared, like rehearsing before you give a presentation—the same with shopping," she says. "Visualize beforehand the successful completion of your trip the way athletes view themselves winning a competition."

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