

Make it a happy one!

Two challenging aspects to this season: how to get everything done, and how not to gain weight with all the yummy treats floating around. I am not, contrary to

what many people think, the most disciplined when sweets arrive at the office. Nor am I the most organized gift buyer. I'm always wrapping 'til 3 A.M. Christmas Eve, thinking, There I go again: late and exhausted by my to-do list. But this year, I'm going to benefit from our super helpful Holiday Survival Special. There are gifts chosen with a stretched wallet in mind (they start at

\$3), as well as recipes for edible gifts you can make, such as pistachio brittle. Time-crunched? We've got moves you can do by the side of your bed. Stressed? Our yoga cards will tone and calm you. (The moves are from Jennifer Aniston's yoga guru, and Jen never looks tired or tense!) We have desserts to drool over, plus mac 'n' cheese (my favorite comfort food after late nights slay me) that won't add layers to your hips. It's all here, so you can skip the gym, enjoy the season and look great on January 1. Happy holidays to you and yours!

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Gifts that give back

Do good, times two: Please a pal *and* help others in need.



A cover that cares iPhone case, \$35 to \$40; ChildrensArt.org. All proceeds go to pediatric patient programs at The University of Texas MD Anderson Cancer Center.



Savvy sneaks (Product) Red shoes, \$50; Converse.com. A portion of proceeds goes to The Global Fund to help fight disease in needy countries.



Seeds of change This Is a Tree Gift Set, \$20; PeopleTowels.com. Ten trees are planted for every purchase.



Golf for good Golf balls, \$15; StJude.org/shop. 100% of proceeds to St. Jude Children's Research Hospital.



Helping hat Knit cap made in Nepal, \$20; UNICEFUSA.org/shop. 15% of sales to U.S. Fund for UNICEF.



Ethical accessories Bangle, \$20; ProjectHaveHope.org. 100% of proceeds to women in Uganda to establish an income.

Shades that save Classic 301 sunglasses, \$145; Toms.com. For every pair sold, Toms provides eye care to a person in need.



Virtuous vino Merlot, \$10; LittleBlackDressWines.com. A portion of all sales goes to Dress for Success.



Puppy love Pet pillow, \$39; PBTeen.com. The ASPCA receives \$5 from every purchase.



Beneficial bags Feed 5 Kikoy Pouch, \$30; Lord & Taylor. The UN World Food Programme distributes five school meals in needy countries for each purchase.

The American Society for the Prevention of Cruelty to Animals (ASPCA.org) works to rescue animals from abuse and support shelters nationwide.

click!
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Find out how to buy these good-deed gifts at Self.com/healthy-holiday.