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100 Simple Secrets of Healthy People
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With *100 Simple Secrets*, you'll learn how to have the healthiest holiday season ever, physically and emotionally. Learn these healthy secrets:

- why you should consider making New Year's resolutions, even if you've never managed to keep them in the past (Tip 9)
- why you might let Uncle Bob win the traditional holiday argue-fest this year, and let bygones be bygones (Tips 11 and 39)
- why you should skip the football halftime show this Thanksgiving... and what you could do instead (Tip 12)
- another healthy reason to go outside & enjoy the snow (Tip 16)
- how to keep from wolfing down Thanksgiving dinner in three seconds flat (Tip 21)
- how to keep wintertime colds from spreading (Tip 43)
- a healthy reason to bake holiday cookies (Tip 56)
- why you should give Grandma a hug—for your health & hers (Tip 87)
- how to survive that cross-country flight (Tip 90) . . .
- AND even more Simple Secrets for healthy living all year long!