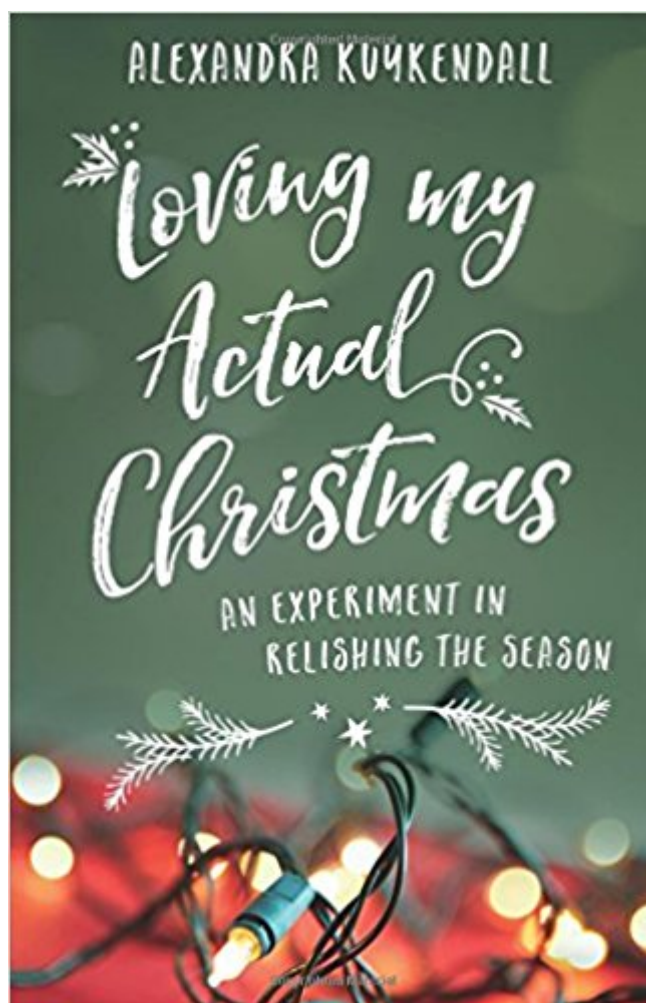


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# Loving My Actual Christmas: An Experiment In Relishing The Season



## Synopsis

The Christmas season is a particularly difficult time for women to slow down and relish what's right in front of them. An annual marker for many, it is a holiday that can often remind us how life is not going as we'd planned. Our family relationships remain strained, our finances stretched, and our schedules stuffed with too much to do in too little time. Following the formula of her successful *Loving My Actual Life*, Alexandra Kuykendall shares with readers her own personal experiment to be completely present in her life as it is during the holiday season. Addressing the themes of Advent and Christmas, she reflects on hope, love, joy, peace, and relishing the season, with practical pullouts on common Christmas stressors, such as finances, schedules, and extended family. Kuykendall's signature candor helps women go easy on themselves, remember what truly matters, and find joy in their imperfect Christmases.

## Book Information

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## Customer Reviews

"This is the book you need in order to fall in love with the season again."--Jennifer Dukes Lee, author of *The Happiness Dare* Do you long for a time when you can actually slow down and enjoy the Christmas season for what you feel it should be--a delightful, meaningful time with friends and family--rather than what it is--a tornado of commitments and bills that leave you overwhelmed and exhausted? The Christmas season is a particularly difficult time for many of us. It is a holiday that can remind us how life is not going as we'd planned. Our family relationships remain strained, our finances stretched, and our schedules stuffed with too much to do in too little time. Following the

formula of her popular *Loving My Actual Life*, Alexandra Kuykendall shares her own personal experiment to be completely present in her life as it is during the holiday season. Reflecting on hope, love, joy, peace, and relishing the season, she shares practical advice on common Christmas stressors such as finances, schedules, and extended family. With her signature candor, Kuykendall encourages you to go easy on yourself, remember what truly matters, and find joy in your own imperfect Christmas. "Alex Kuykendall has crafted a rescue manual that will enable you to save your sanity as you savor the Savior, focusing on the true essence of the season."--Karen

Ehman, *Proverbs 31 Ministries* speaker; *New York Times* bestselling author of *Keep It Shut* and *Listen, Love, Repeat* "I highly recommend this book. In fact, it's going to be one of the first gifts I'll be buying and sharing this holiday season!"--Tricia Goyer, *USA Today* bestselling author of over sixty books, including *Where Treetops Glisten* Alexandra Kuykendall is the author of *Loving My Actual Life* and *The Artist's Daughter* and is the cohost of *The Open Door Sisterhood* podcast. A popular writer and speaker, Alexandra has been featured on *Good Morning America* and *Focus on the Family's* daily broadcast. She lives in Denver, Colorado, with her husband, Derek, and their four daughters.

Alexandra Kuykendall is the author of *Loving My Actual Life* and *The Artist's Daughter*, and the cohost *The Open Door Sisterhood Podcast*. A popular writer and speaker for moms around the country, she is a regular contributor to *MOPS International's* blog, conference, and curriculum. Alexandra has been featured on *Good Morning America* and *Focus on the Family's* daily broadcast. She lives in Denver, Colorado, with her husband, Derek, and their four daughters.

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