

news release

for immediate release

Dr. Howard to speak on Managing Holiday Stressors

NEW YORK – November 30, 2010 - Dr. Jennifer Howard, an expert in business mindset and psychology, will be on News 12, Long Island, November 30, 2010. Howard will be discussing Holiday Stressors; how to recognize them, ways to distress and knowing when to seek help.

Howard will talk about the three areas where holiday stressors seem to be the most likely; how having too high of expectations can lead to more stress and feel like demands, how we tend to get caught up in the culture of excess and too much-ness, how family dynamics are involved, and how the change of holiday traditions affect you.

Dr. Howard will share how to work with what shows up in your life, digest it and take care of yourself so you can get through the holiday's with less stress and remember that the holiday's are a time for family, fun and laughter.

Dr. Jennifer Howard teaches the art of Conscious Living. She is equally at home sharing ancient spiritual wisdom, the latest scientific understanding, and proven and practical life changing techniques culled from over 20 years as an internationally acclaimed coach, licensed psychotherapist, teacher, and energy healer. As a professional speaker and author, Dr. Jennifer's energetic style, along with her sense of humor, helps her audiences--beginner and advanced alike--assimilate what is being taught, even when the material appears to be complex. She has offices in New York, leads a variety of tele-seminars and is a leading thought leader on spirituality and psychology. Having appeared as an expert on numerous national network television shows, she is also the host of the popular radio show, "A Conscious Life." Dr. Jennifer Howard was named one of the TOP 25 Celebrity Doctors on Twitter and been dubbed "The Funniest Shrink on Twitter."

Dr. Jennifer, as she is known in social media, is offering a free downloadable MP3 of her teleconference, "Begin Reaching Your Goals," and her free ezine. Twitter: @DrJennifer, Facebook: Dr. Jennifer Howard, and website: www.DrJenniferHoward.com. Email: Info@drjenniferhoward.com