

Add this person to your holiday gift list

HEY, WAIT A MINUTE. Didn't you leave someone's name off your gift list?

Come on now, don't say you can't afford to buy another gift. After all, the person you've forgotten is the most important one in your life — you.

You deserve a treat, too, said Barbara DeAngelis, a psychologist who has a doctorate in psychology and human sexuality.

Give yourself a special gift, something you wouldn't normally buy, she said. It could be a day relaxing from the tensions of the season at a posh spa or a leisurely lunch with your best friend or a new hardcover book by your favorite author.

The ultimate gift you could give yourself, however, is one that won't cost a cent — eliminate the shoulds of gift giving from the holiday season.

Why should you buy your niece a gift simply because her mother gave your son a birthday gift?

And why should you have to spend the next six months scrimping to pay for the Christmas gifts

you've bought? What's wrong with giving a gift of love, something from your heart that will have a special meaning for the recipient?

"PEOPLE USED to make gifts," DeAngelis said. "Even with everyone working, there's still time to write to your grandmother and thank her for all the wonderful childhood memories she gave you."

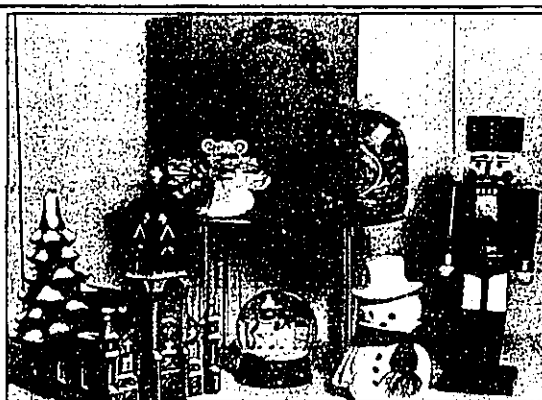
She'll appreciate the letter much more than another nightgown she'll tuck away in a drawer.

There are many reasons why people might feel a little depressed at this time of the year, she said. "People get all caught up in what to buy for whom," she said. "We've gotten caught up in the materialistic side of the season."

Originally, she said, it was a religious time, a time of celebration, a time of new beginnings. "Now it's, 'How much do I spend?'"

EVEN CHILDREN aren't immune to the blues, because there is such an emphasis on material pos-

Continued on Next Page



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