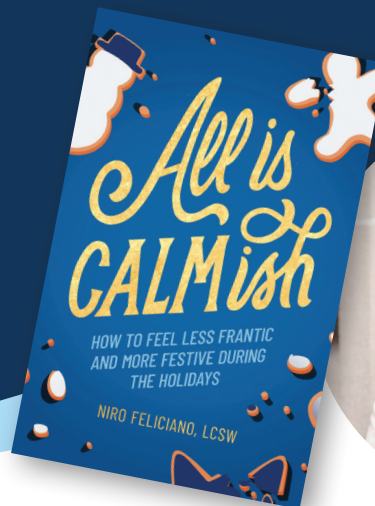


Author and psychotherapist Niro Feliciano returns with this down-to-earth guide to celebrating the holidays in a way that truly resonates with you.



According to a recent American Psychological Association poll, nearly nine out of 10 US adults feel overwhelmed and stressed during the holiday season. Just in time for Thanksgiving and Christmas comes a new book to help you move beyond holiday pressures and maintain perspective when it matters most.

All Is Calmish: How to Feel Less Frantic and More Festive During the Holidays (October 14) dispenses a therapist's strategies for surviving the season. As a mother of four and sought-after expert on mental health, Niro Feliciano sees our valiant attempts to be happy and create a magical holiday. Meanwhile we are actually exhausted and anxious from managing family drama, loneliness, grief, crazy schedules, and overwhelming debt. The truth is, the holidays can be the hardest time of the year. But with Feliciano's help, they don't have to be.

NIRO FELICIANO is a psychotherapist and an expert on anxiety, stress, and relationships. She holds a master's degree from Columbia University and is the author of *This Book Won't Make You Happy* and *All Is Calmish*. She is a frequent guest on the *TODAY* show and her column, "Is This Normal?" appears on Today.com. Her work has appeared in publications such as *Real Simple*, *Oprah Daily*, the *New York Times*, *HuffPost*, and *Psychology Today*. Feliciano is a first-generation Sri Lankan American and lives with her family in Fairfield County, Connecticut.

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BOOK TOPICS:

- Prioritize connection over perfection through simple strategies for staying present in the moment.
- Stop faking festive feelings and start celebrating the season in a way that truly resonates with you.
- Discover daily practical strategies to cultivate wholeness and well-being so you can navigate the complexities of the holidays with grace.
- Staying grounded and cultivating gratitude during the holidays.

"Niro Feliciano reminds us that the holidays don't have to be perfect to be meaningful. *All Is Calmish* offers the grace and guidance we need to embrace the season with more ease and less stress." —**CRAIG MELVIN**, cohost of NBC's *TODAY* show

"With wisdom, honesty, and heart, Niro Feliciano walks with us toward a season that feels lighter, freer, and true to who we are."

—**JULIE LYTHCOTT-HAIMS**, *New York Times* bestselling author of *How to Raise an Adult*, *Real American*, and *Your Turn: How to Be an Adult*

SUGGESTED QUESTIONS:

- What brought you to this topic?
- The phrase "connection over perfection" can be found through the book. How has your own relationship with holiday perfectionism evolved over the years?
- Your writing in this book and *This Book Won't Make You Happy* blends psychology, spirituality, and storytelling seamlessly. How do you balance those elements when writing for a general audience?
- You structured the book with 31 concise chapters and daily practices. How did you land on that format, and what do you hope readers take away from engaging with it in their day by day lives?
- You share many personal stories in this book—some joyful, some deeply vulnerable. Was there a chapter that was especially difficult, healing, or fun for you to write?
- If readers could walk away with just one shift in mindset or behavior after reading *All Is Calmish*, what would you want it to be?

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