



# THE NORTH POLE BULLETIN

CHRISTMAS NEWSLETTER OF  
ARTIST INA CHRIS

Is it just me or do the years fly by as if they have somewhere to be? I can't believe it's December already. I think we all can agree as a collective that we continue to lose time. It's as if the experience of Covid has warped our reality. I especially dislike the time change. The darkness in Washington State at 5:00 PM has me wanting to go to bed rather than the gym.

On a lighter note, I can say that this is still my favorite time of the year because I love Christmas just as much as I love Halloween. It's the perfect balance of light and dark that my spirit needs!

While I bask in the joy of the holiday, I am also resetting for the new year. I am using the slower pace of the season to establish healthy habits. Whether it's setting a fitness routine, planning meals, or dedicating time to a passion project, small changes now can set a strong foundation for January.

It was a tough year for all of us, politically especially, so my advice to everyone this December is to take advantage of the now and prepare for 2025. Life is truly only what we make it.

HAPPY HOLIDAYS!





# BOOK REC OF THE MONTH

CHRISTMAS NEWSLETTER OF  
ARTIST INA CHRIS

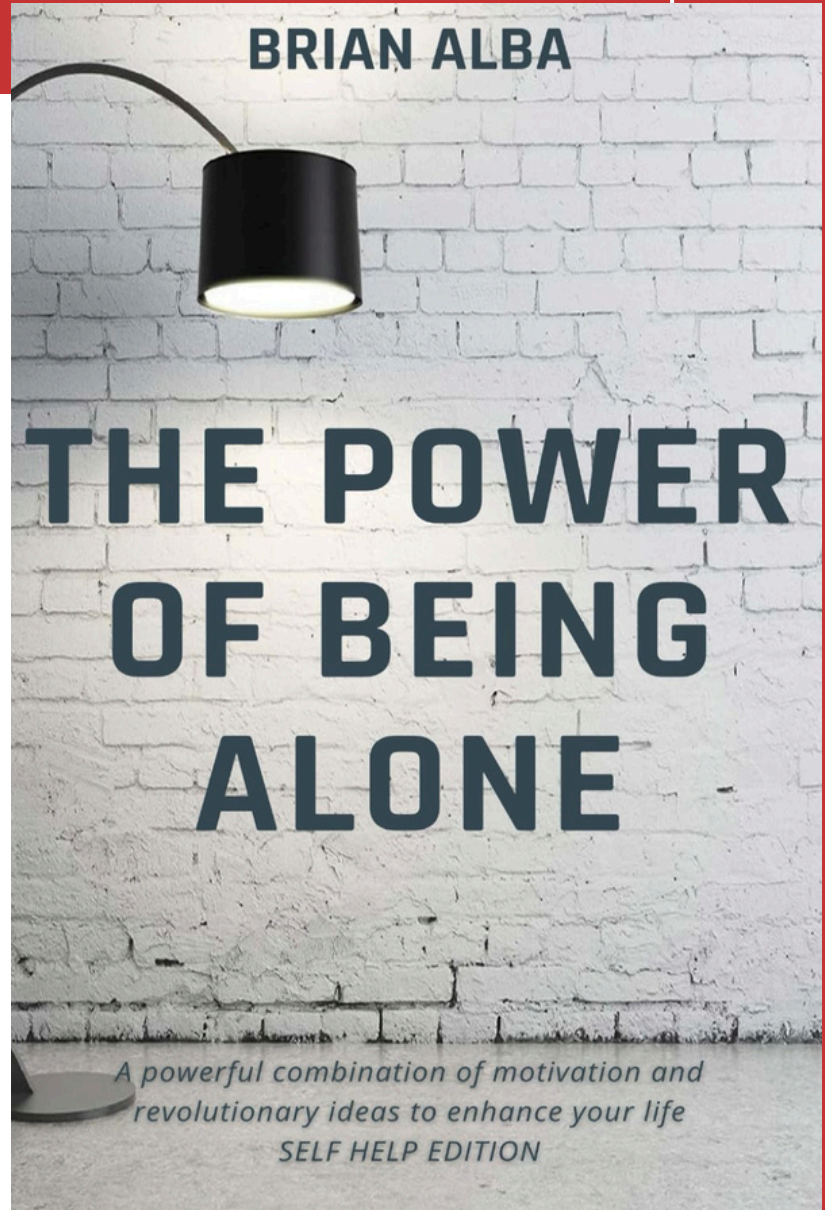
When it comes to taking action, making good decisions, and cultivating inner peace, there's a unique factor in life that only you can give to yourself.

It's called "solitude."

For many people, the idea of being alone triggers fear and discomfort, even for short periods of time. But in this book, we'll explore the mental layers of the human psyche in a simple and practical way, and challenge the notion that loneliness is something to be feared.

Inside this book, you'll find a wealth of psychological concepts explained in a straightforward and accessible manner, all focused on the power of solitude and what it means to be alone. We'll provide examples and tips that are easy to incorporate into your daily life, helping you chart a clear course towards achieving your goals.

You'll learn how to not only enjoy your moments in solitude, but also how to value them and make the most of every minute. These moments will become the foundation of your character and thoughts, bringing you a sense of calm even during life's most challenging moments.



**MORE HOLIDAY IDEAS INSIDE:  
CHRISTMAS FOOD AROUND  
THE WORLD - 3**

REST