



Katharine Giovanni

The Thriving Times

MONTHLY NEWSLETTER

December 2025

A month for slowing down, noticing what matters, and choosing what comes next.

Here's what's inside this month:

- **Katharine's Corner:** *Discover the Secret to a Holiday You Don't Need to Recover From* by Katharine Giovanni
- **New Online Class!**
- **8 with Kate!** *Give 'em a Chance* by Katie Nall, Ph.D.
- **My Intuitive Friends Mastermind**
- **Angel Notes:** *Finding your way through grief and social anxiety during the holidays* by Paula Dice
- **A Little Good News -** *Because the world could always use a little more light*
- **Upcoming Events**
- **Laugh Break!**

If Gmail cuts this email short, click "View Entire Message" so you don't miss the laugh breaks!



Katharine's
Corner

Reflections from someone who would like a meeting
with whoever approved this lifetime's plot twists.
Preferably before lunch.

Discover the Secret to a Holiday You Don't Need to Recover From

If you've ever escaped to the car, the closet, or "walked the dog" who didn't actually need to go anywhere, welcome. You're in the right place. The holidays come with feelings no one puts on the gift tags, but we're going to talk about them anyway.

Somewhere around mid-November, society flips a switch, and suddenly we're not just celebrating the holidays... we're *performing* them.

The media insists:

- Buy this if you want to be happy.
- Send gifts to everyone.
- Make memories!

- Look joyful while doing it.

And beneath it all is the quiet accusation:

If you don't do it perfectly, are you even doing it right?

No wonder our nervous systems start twitching before the pumpkin pie's even cold.

The Part Nobody Says Out Loud

We learn how to package things nicely on the outside, but no one teaches us how to handle what we feel on the inside.

For many people, the holidays stir up more than memories. They poke at old wounds, bring up old fears, and pull unprocessed feelings out of storage like that box of tangled lights we forgot was there.

Some people (*I know one personally*) glide through December like the sparkly love ambassadors they are, inside and out.

I am not that person. I get everything done, it just might be the night before, fueled by chocolate and determination. I'm in the group of people who are simply trying to remember where we hid the scissors, why the tape disappeared, and what we were doing in the first place.

This time of year doesn't just test our schedules. It tests our emotional bandwidth.

Back when my sons were little, the holidays sometimes felt less like joy and more like project management with sugar. I took mini-escapes wherever I could: the car, the closet, walking the dog, or pretending to wrap a present behind a locked door. And yes, if a toy was loud enough to wake our dead ancestors, batteries occasionally vanished and the toy tragically malfunctioned. Pure coincidence. Obviously.

The stress gets to us all at some point.

Then one year, Ron put on *The Godfather* in the kitchen while we were still in our pajamas. We never left. We watched all the movies, ate good food, ignored the world, and stayed cozy. No traveling. No timetable. No performance.

It was the least stressful holiday we ever had, and more than 25 years later, it's still our family tradition.

Where Intuition and Forgiveness Come In

Feelings are messengers.

They don't show up to ruin your holidays. They show up because they want something released, expressed, or healed.

Intuition says:

You don't have to do everything. You don't have to go everywhere. You don't have to be everyone's therapy llama for their chaos.

Forgiveness responds:

You can let go of the guilt for not matching a commercial version of joy.

Forgive yourself for feeling overwhelmed.

Forgive yourself for needing a moment (or five).

Forgive yourself for being human during a season that expects elves.

Peace doesn't come from perfect execution.

It comes from emotional honesty.

Your Holiday Permission Slip

This year, give yourself the one thing nobody can wrap:

Space to feel.

Choose:

- fewer obligations
- more real moments
- people who don't require a performance
- boundaries that breathe

And if someone objects, smile sweetly and offer the only explanation anyone needs:

"Oh, I'm so honored you thought of me, but I'm going to pass this year."

If they ask why, just tell them you already have a previous engagement.

You don't have to mention it's with your couch, hot chocolate, and a really good movie.

Does it work? I mean... I imagine it might. Allegedly.

The Real Secret

The holidays were never meant to be a flawless production.

They were meant to be felt.

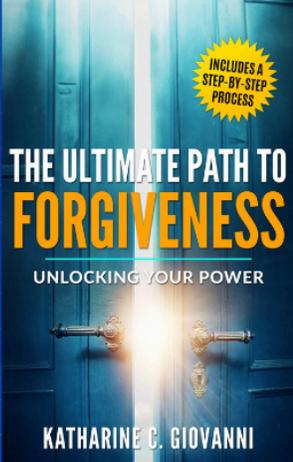
Your emotions aren't the problem, ignoring them is.

Let intuition guide you, let forgiveness soften you, and let this season be something you don't need a recovery period from.

Because the truth is:

You don't need a perfect holiday.

You just need one that feels like yours.



The Forgiveness Path

Self-paced online class — start anytime.

Uncover What's Holding You Back.
Learn the how, not just the "you really should."



The Forgiveness Path

Because the holidays don't come with emotional airbags

Before the calendar flips you into holiday whiplash and someone hands you an emotional fruitcake, give yourself the one gift no one else can wrap for you:

Breathing room.

In this **10-day, self-paced class**, you'll finally learn the *how* of forgiveness — not the vague, wishful thinking version people tell you to do, but the real, practical steps that help you let go of:

- **Others** (the ones who hurt you, knowingly or not)
- **Yourself** (the toughest person in the room to forgive)
- **Money** (because that relationship holds more emotional baggage than a holiday airport)

No judgment. No spiritual Olympics. No pretending you're "fine."

Just a clear path forward.

What You Get

- **Ten short lessons**
- **In ten days**
- **At your pace**
- **For your peace**

Start anytime.

Revisit anytime.

Feel lighter almost immediately.

IMPORTANT NOTE

Right now, this class is ridiculously underpriced because it's new and I wanted early students to get a private, first-dibs deal.

The price increases in January.

No dramatic countdown clock. No panic marketing. Just facts.

If you've been waiting for a sign, this is it.

Relief is optional. So is suffering. One of them is on sale.

Your heart already knows whether you're ready. Trust it.

Learn more by clicking here

8 with Kate!



Katie Nall, PhD.

<https://www.nalledgeco.com>

Whether it's 8 sentences, 8 paragraphs, or 8 minutes,
you know Katie has something valuable to say!

Give 'em a Chance

By Katie Nall, Ph.D.

The month of December is marked with an increase in social gatherings – both friends and family.

And there may be some friends (or even family) who you knew you didn't like or others who you felt as if you already knew them well enough.

But over the years, wouldn't you agree you have changed? Maybe others have changed as well.

This past summer, I reconnected with a cousin I knew growing up and only connected with as an adult during life highlights. I know I knew her and absolutely knew what her life was like. Until I took an extended trip with her.

As it turns out, I didn't know her at all.

Conversations turned into real sharing as we both really discovered one another. During that trip, as we shared personal experiences, trials, tribulations, and celebrations, we shared more in common than we thought. We both laughed and cried as we deepened our relationship.

Maybe your "Aunt Martha" isn't the same as she was when you were younger. Maybe you could ask her questions about her youth, about her struggles, about her victories and understand her a little better.

Maybe you can share a little more about yourself – about how you have changed even in the past year. Maybe you can give others a chance to get to know the real you.

What might happen when you give them a chance?

My Intuitive Friends Mastermind



Who do you talk to about the intuitive stuff?
The signs, the nudges, the “I just *know*” moments?

Come sit with us.

[Learn More](#)



Finding your way through grief and social anxiety during the holidays

By Paula Dice

The holiday season has a way of magnifying whatever we're already carrying. For some, it brings warmth and reunion, for others, it highlights, the absence and loss, the quiet ache of grief and anxiety. If you're moving through grief or struggling with social situations this season, you're not alone, and there's nothing wrong with the way you feel. Grief doesn't always follow holiday calendars. While the world around you seems to speed up with traditions, gatherings, and expectations, grief often slows everything down.

Memories surface unexpectedly. A song, a scent, or a simple moment can remind you of someone you deeply miss. Instead of trying to push those feelings aside, you can let them have a place. Grief is a sign of love that

doesn't vanish. You can ask for signs from loved ones who have passed. Many people find comfort looking for small signs – moments that feel like quiet reminders that those who are gone are still connected to us in some way. A familiar song may play unexpectedly, a dream that feels vivid, a meaningful number reappearing, or even a sudden feeling of peace, can provide a sense of closeness. Whether you view the sign spiritually or emotional reflections of the bond you shared, they can help you feel supported during difficult times.

Social anxiety can intensify during this time. Crowded rooms, conversations that require emotional energy or the pressure to appear cheerful can feel overwhelming. It's OK to set boundaries, step outside when you need to breathe, or choose smaller gatherings over larger ones. Your comfort matters. You don't have to perform for the holidays. You're allowed to experience them in a way that feels manageable.

Give yourself permission to move gently. You don't need to meet every invitation, maintain every tradition, or feel a certain way. Healing happens in moments, not milestones. Try to include small acts of self kindness; a walk, a warm drink, a quiet morning, or time spent with someone who truly understands you.

This season, may you find room for both remembrance and rest. May you feel your loved ones' presence in whatever way brings you comfort. And most of all, may you treat yourself with the same compassion you would offer someone you care about.

Merry Christmas and hope you have a wonderful holiday.

Blessings,

Paula

A Little Good News

Because the world could always use a little more light

Guilty of Ageism Toward Yourself? Why You Should Stop Saying “I’m Too Old” - <https://nicenews.com/humanity/why-reject-internalized-ageism...>

Retired Cop Rehabs Bus into Mobile Laundry: He Now Washes Clothes for the Homeless <https://www.goodnewsnetwork.org/retired-cop-now-drives-mobil...>

Miracle Recovery for World’s Rarest and Strangest Deer – Just 39 Became 8,20 <https://www.goodnewsnetwork.org/miracle-recovery-for-worlds-...>

Upcoming Events

Back by popular demand!

Echoes and Angels, February 25, 2026, Vero Beach, FL

In this special 90-minute evening session, join Katharine, Katie, and Paula for a powerful blend of past-life insight, angel messages, and energy tools to help you clear blocks and shift your vibe fast. We’ll share as many live intuitive messages as time allows. This one’s pure magic in motion.

[Click here](#) for more information

The Intuition Workshop, February 27-28, Vero Beach

This 2-day immersive experience will guide you into deeper self-trust, emotional clarity, and intuitive strength with sessions on forgiveness, Qi Gong, angel messages, and past-life reveals. It’s as powerful as it is practical.

[Click here](#) for more information

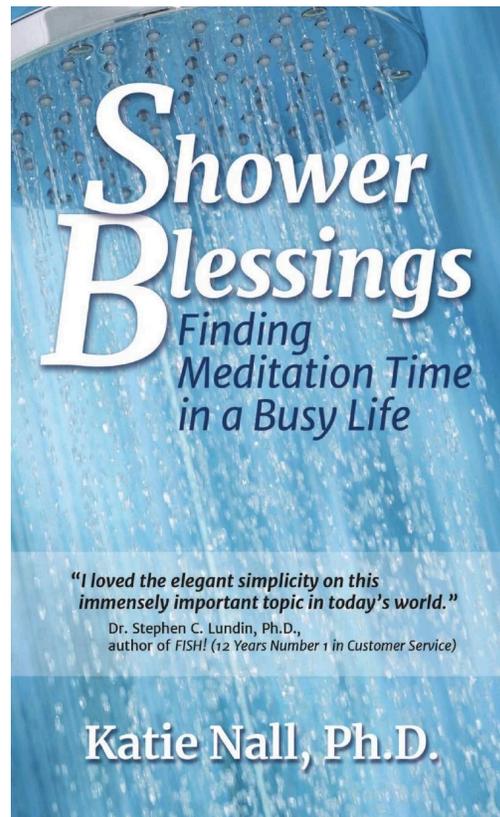
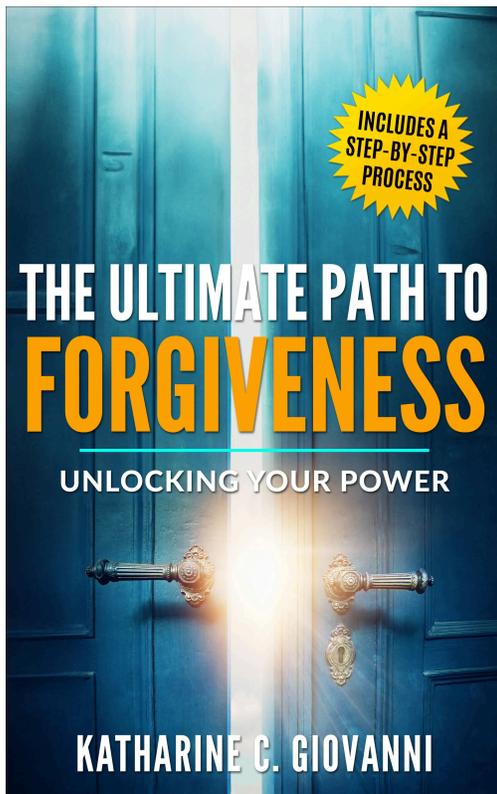
Laugh Break!

People who say “go big
or go home” seriously
underestimate my
willingness
to go home.
Like, it’s literally
my only goal.

**NOT TO BRAG BUT
I’VE ALREADY PICKED
OUT THE SWEATPANTS
I’LL BE WEARING ON
NEW YEAR’S EVE**

~THOUGHTS FROM AISLE 4

Books



The Ultimate Path to Forgiveness

Everyone says to just say "I forgive you." But sometimes that's just not enough. They also never teach you exactly HOW to forgive right?

This book teaches you how.

To see Katharine's other books, please visit her website at www.KatharineGiovanni.com

\$14.95

Buy Now

Shower Blessings

Struggling with trying to find time to meditate, Dr. Nall found herself ALONE in her shower and decided the shower was the BEST place for meditation. Join her in the shower (figuratively!) as you experience different meditations to find peace in your life.

Please visit Katie's website to learn more at www.nalledgeco.com

\$11.95

Buy Now

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