

Katharine Giovanni

The Thriving Times

MONTHLY NEWSLETTER

November 2025

Here's what's inside this month:

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- **My Intuitive Friends Mastermind** - *where intuition is just Tuesday*
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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's been through quite a few life lessons and now wants a word with the Curriculum Office.

Discover the One-Minute Holiday Sanity Reset

You walk into your parents' house and there she is.

Aunt Martha.

You smell her before you even round the corner into the living room, that familiar cloud of Charlie perfume layered over years of cigarette smoke. She's tucked into her usual spot on the couch, wine glass in hand like it's part of her anatomy. Her dress sags in the well-loved places, and her silver hair carries that soft blue tint reserved for women who have lived, survived, and will not be told otherwise.

You already know what's coming because she runs this play every year. So you brace yourself.

“Sweetheart, you look tired. You know, you’d look so much better if you just tried a little more.”

Boom.

There it is. Right on cue. Just like the holidays, shared dishes, and those predictable emotional landmines that always seem to make the guest list.

And as you stand there trying to remain calm, you secretly wish you were twelve again so you could storm off to your old bedroom and slam the door behind you.

It’s not that Aunt Martha is trying to be awful. She probably thinks she’s being helpful. (To be fair, some Aunt Marthas out there *are* trying to be nasty, but we won’t go there today.) The point is that all of them know exactly where your buttons are because they helped install them.

Here’s the good news: We don’t have to wait until she says *“the thing”* to start protecting your peace. We can soften the emotional charge *before* the gathering even begins.

One Minute Pre-Holiday Reset

Before you show up this year, take one minute:

1. Picture Aunt Martha and her whole vibe.
2. Then say out loud (to the empty room): *“I release the hold this energy has on me.”*
3. Breathe. Repeat a few times in a row.

Do it more than once. In fact, do it every night for a week leading up to the family gathering.

Let me be clear... this is gentle loosening, not a magic off switch.

If you feel ready for more, then you can add:

“I forgive the energy here and release its grip on my body, my mind, and my peace.”

Not to excuse anything.

Not to change her.

Not to let her off the hook.

You do this so you don't carry Aunt Martha home in your jaw, your chest, or your shoulders.

No, she doesn't deserve it. You're not doing it for her.

We are not about to let Aunt Martha sneak back in through the emotional side door wearing a cardigan and a passive-aggressive smile.

We're not forgiving *her*.

You're doing it for you.

It helps you show up as who you are now, not who you were back then.

Basically, it keeps you from emotional time-travel, a holiday sport no one volunteers for, yet somehow we all compete in. You deserve holidays that don't require recovery time, journaling, and three therapy sessions afterward.

You're not here to fix Aunt Martha.

You're here to choose your peace.

One breath.

One release.

One moment at a time.

You got this.

– Katharine

P.S.

And listen, if you need to, go sit in your car for a minute. Scream if necessary. (*Windows up to maintain dignity... or not. I'm not judging.*)

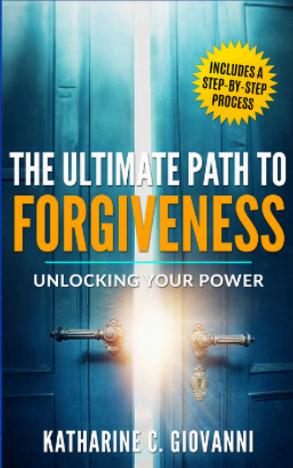
Then say: "*I release this*" or "*I forgive you*" about 50 times in a row.

You will NOT mean a single one.

And that's okay. It still helps.

I've actually done this more than once, parked in a driveway with the windows up, dignity mostly intact. And yes, getting the energy out made me feel better.

If you're ready to actually *feel* the shift, the full forgiveness routine is in my book and in the class. It works. That's why I teach it.



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

Before the Holiday Madness Begins

Before the holidays hand you an *unrequested* emotional fruitcake... maybe give yourself a little breathing room. ❤️

In this **10-day self-paced class**, you'll gently work through forgiving the three places where our emotional weight tends to live:

- **Others** (the people who hurt us)
- **Yourself** (the hardest one of all)
- **Money** (the relationship that follows us *everywhere*)

The Forgiveness Path is:

- Ten short lessons
- Ten days
- Your pace
- Your peace

Start anytime.

Feel lighter immediately.

No pressure. Just relief.

[Learn more by clicking here](#)

8 with Kate!



Katie Nall, PhD.

<https://www.nalledge.com>

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

Give Thanks For Everything

By Katie Nall, Ph.D.

November is standardly known for thanksgiving. Each of us can think of something dear to our hearts to thank.

What if we were to suggest to thank those people, places, and events that were not dear to our hearts? You know the ones that cause us types of pain. What if we could find something, anything about that person, place, or event that we could thank?

One day a lady in a large car pulled out right in front of me while I was driving in a 6-lane highway, causing my Jeep to plow into the passenger side of her car. Thankfully I was driving under 40 mph and had my seatbelt on. Neither me, my passenger, nor the other driver was injured.

But the front end of my 12- year- old Jeep was torn up as a result. As I am in the habit of doing, I gave thanks for all. Obviously, I was grateful no one was hurt.

Thankfully, her generous insurance paid for all the damages.

When my car was ready, the mechanic said I was one lucky driver. Yes, I agreed – no one was hurt.

No, lady, your front axle was ready to fall apart. The other driver's insurance paid to replace yours. If it collapsed while you were driving on the Interstate, you would have been in a world of trouble.

I thought I had given thanks for everyone's safety, when my gratitude could have been extended to give thanks for the accident at all!

We each have painful events in our lives. What comfort might you receive in searching for something, anything in those painful events to be thankful for? What harm would there be in giving thanks for allthings?

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.

Around here, being intuitive isn’t “too much.” It’s just Tuesday.

[Learn More](#)



The Spirit in the Seasons

As the world turns, and the season shift, we are reminded that change is not something to fear, it is the rhythm of life itself. Each season carries a spirit, a quiet whisper from the unseen realms, urging us to move, rest, reflect, and renew.

We are upon the season of fall or autumn, the gentle teacher of release. The falling leaves shows us that letting go is not lost – it's the sacred transformation. Angels of transition helps us surrender what no longer serves, making room for wisdom and clarity.

Winter, still and luminous, invites us inward. It is a season of rest, of listening to the quiet voice of spirit. Here, angels of peace and reflection, wrap us in stillness, reminding us that even in dormancy, life is preparing to rise again.

Through every change, the seasons mirror our own spiritual evolution. They remind us that growth is cyclical, not linear, that endings are beginnings in disguise. When we open our hearts to this truth, we walk in harmony with nature, with the angels, and with the eternal spirit of renewal that flows through all things.

And so, as the season's turn once more, I urge you to embrace the changes they offer with an open heart and a willing spirit. For every shifting leaf, every breath of wind, the soul is invited to grow, to release and to begin again.

Blessings,

Paula

A Little Good News

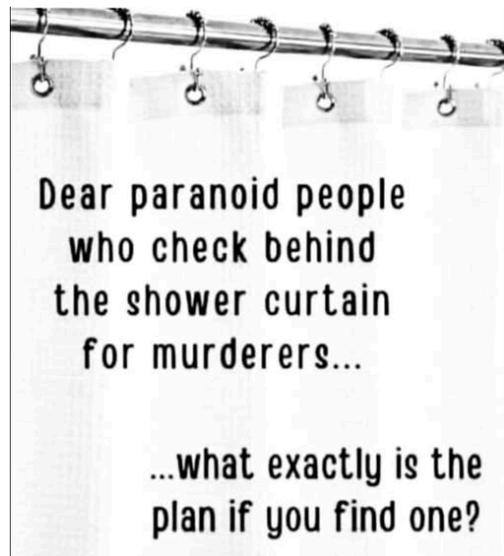
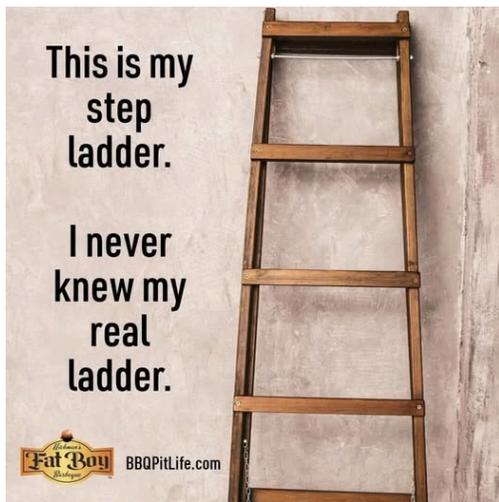
Because the world could always use a little more light

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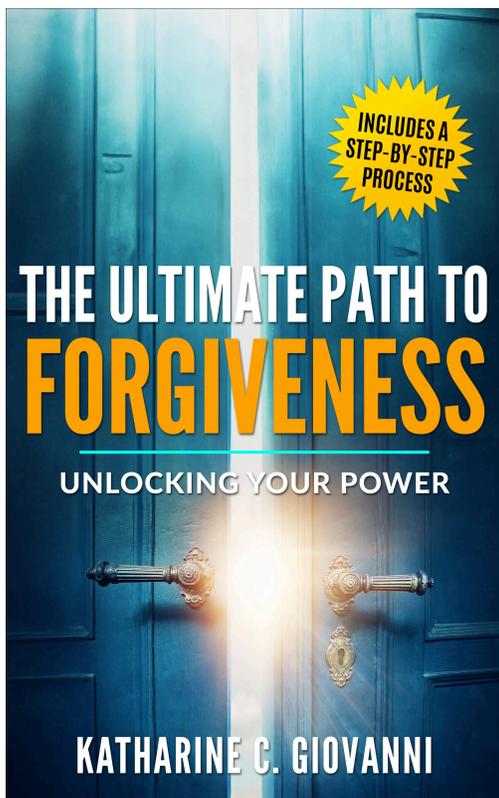
Prostate Cancer Patients Offered Fresh Hope by Promising New Drug Combination <https://www.goodnewsnetwork.org/prostate-cancer-patients-off..>

The Comedy Wildlife Awards – a peek at some of the finalists <https://www.positive.news/environment/the-comedy-wildlife-aw...>

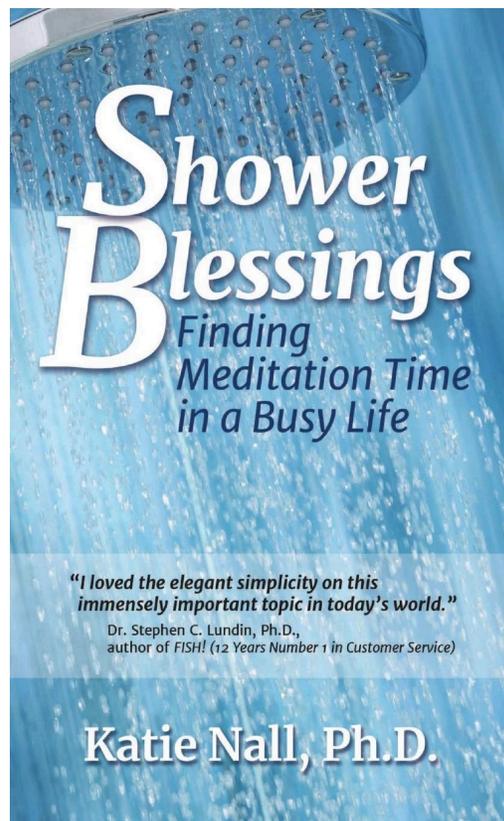
Laugh Break!



Books



The Ultimate Path to
Forgiveness



Shower Blessings

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

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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