

Add Compliments to Your Menu for Happier Holiday Season

Expert complimentologist shares 5 ways to stir up holiday joy by giving more compliments

November 15 (Denver, CO) Holidays mean plenty of cooking and eating. But offer what those around you are really hungry for and you'll all have happier holidays. More than ever, in this economy and at this time of year, people are starving for appreciation and recognition. Yet we often overlook and underestimate the power of simply sharing more compliments.

Compliments are the busy person's quick and practical tool proven to improve relationships, spark dwindling romance, and boost one's own spirits, according to America's Complimentologist and author of *The Compliment Quotient*, Monica Strobel. This holiday season, Strobel suggests implementing a few easy and effective *complimentology* tips to create a more joyous time of togetherness with family and friends.

"We can easily fall into old habits of criticizing one another while spending time with family over the holidays. Or hold back compliments for fear of sounding silly, putting the limelight on others or being accused of brown-nosing," says Strobel. "Yet sharing more appreciation counteracts the little irritations that have us pointing out each other's weak spots instead of enjoying their sweet spots."

Strobel offers 5 tips to help create happier and less stressful holidays:

1. **Put on your compliments goggles** – Look for the positive and praise your family members as a proactive strategy to set a more jolly tone for family events.
2. **Spread positive gossip** – Compliment someone in front of others or say something positive about someone else behind their back.
3. **Gift more compliments** – Compliments make great gifts for the under-appreciated hostess. Spread holiday cheer without running around spending more.
4. **Model encouraging behavior**– Children learn by watching what we do more than what we say—or even nag them to do. Complimenting others in front of your own children teaches them consideration and appreciation.
5. **Make an affectionate fuss** – Holiday demands often lead us to take advantage of our partner or spouse, which can build-up resentment. Making an affectionate, appreciative fuss over them keeps the romance simmering during this special season.

"In our hurried lives, stressed relationships and a growing culture of callousness, giving more compliments is an immediate way to boost your own spirits while uplifting those around you." says Strobel.

Author and complimentologist Monica Strobel has long been recognized for her inspiring, can-do attitude and uplift-others approach, throughout a 25-year communications career in small business, governmental service and nonprofits. Strobel is a passionate mompreneur, seasoned writer and charismatic speaker, dedicated to empowering busy women to get more joy into and out of their lives and relationships. For more information visit www.complimentquotient.com

The Compliment Quotient ISBN 978-1-936214-37-2, \$14.95 paperback, 2011, Wise Roads Press an Imprint of Wyatt-MacKenzie Publishing.