

## **TRANSFORM DREADED FAMILY GET-TOGETHERS INTO HARMONIOUS HOLIDAYS**

### **Prevent Finances, Family Issues and Ingrained Beliefs From Ruining Family Fun**

Family discord during the holidays is all too common, as epitomized in movies such as *Home for the Holidays*, *The Family Stone* and *Four Christmases*. According to Dr. Nathaniel J. Williams, author of *THE AFFORDABILITY FACTOR: The 4Cs of Change*, the holidays may be the best time to start on a new path to ‘affording’ the life you wish to lead.

Dr. Williams writes that the ‘challenging life events’ we all face can change our behavior and lead us to bad habits that negatively impact our lives and relationships. As a prescription for happier, healthier holidays this year, Dr. Williams cites specific steps one can take before, during and after the holidays to move beyond the damages of old wounds and refocus the personal, professional relationship and life goals one wishes to afford.

#### **Before the family gathers for the holidays:**

- Recognize and eradicate the behaviors and thought patterns such as denial, glossing over, and falling off the radar screen that will lead to an unhappy get-together.
- Next, put into practice the behaviors and thinking that will lead to a transformative holiday event: balanced decision making, affordability, maturity, and embracing reality.
- Apologize for past actions—an apology has immense power to re-set relationship dynamics and allows everyone to move forward.

#### **During the Thanksgiving or Christmas assembly**

- Remove any barriers in your thoughts, language, interactions, and expected results: positive thoughts and intentions will lead to positive outcomes.
- Arm yourself with a sense of humility and humor instead of defensiveness and anger.

## **After the holidays**

- Review the changes that took place, how attitudes shifted and the overall benefits of using ‘affordability’ at the holidays.

“Too often, we see our own life’s challenges as rationale or justification to make poor decisions. We might convince ourselves that we are owed something to make up for the abandonment, loss and difficulties of our lives, or that ‘wrong’ isn’t really wrong when life has been so hard. However, by reframing the ‘challenging life events’ that shape our lives, we can change our lives for the better,” believes Dr. Williams.

The challenges of Dr. Williams’ own early life were extreme: at the age five, he and his 11 siblings were orphaned when their mother died suddenly. He was separated from his brothers and sisters, and grew up in the New York City foster care system. While some might allow these challenging life events to change the course of their lives in negative ways, for Dr. Williams it fueled his desire and drive for achievement. Today he is a Doctor of Education; CEO of a nonprofit human services organization with a budget of \$10 million and 200 employees; foster parent; author; and motivational speaker.

Increasing one’s “affordability factor”—be it a career decision, choosing a mate or pursuing a dream—allows us to launch ourselves toward our greatest potential with a renewed sense of confidence, direction and determination for success.

### About the Book:

**THE AFFORDABILITY FACTOR: The 4 Cs of Change**

By Nathaniel J. Williams, Ed.D, MHS, MPA, MBA

Price: \$29.95

Available at Amazon.com

### About the Author:

Dr. Nathaniel J. Williams’ journey from orphan and foster child to Doctor of Education, nonprofit founder, and author has been both challenging and rewarding. Dr. Williams has proven that success can be attained when a person possesses commitment, tenacity, and integrity. In his career, he has fulfilled a multitude of roles, including direct care worker, foster parent, house parent, entrepreneur, nonprofit and for-profit organization founder, Chief Executive Officer, adjunct professor, scholar-in-residence, talk show host, and

motivational speaker. Since 1993, Dr. Williams has been the President and CEO of HumanWorks Affiliates, Inc., a cluster of nine corporations focused on human services.

Dr. Williams is a member of the National Speakers Association ([www.nsaspeaker.org](http://www.nsaspeaker.org)) hosts a weekly internet radio show, “The Navigating Your Life Show with Dr. Nathaniel J. Williams” focused on empowerment, enlightenment, and encouragement. More at [www.nj-williams.com](http://www.nj-williams.com).