

Health Magazine

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Can You Really Celebrate the Season by Leaving it all Behind? – Holiday on Ice

By Emily Yoffee

“Dream in Living Color”

Using magazines and catalogues make a collage of images that give you joy: smiling children, a place you want to visit. Hang it where you'll see it regularly. “The pictures help you visualize what you want,” says Joy Sablatura, wellness consultant at The Crossings in Austin, Texas (877.944.3003 or www.thecrossingsaustin.com). “They'll motivate you to take steps toward your dreams.”