



Christine's Christmas Countdown by Christine Ida Harrington

PRESS RELEASE

Festive fanatic and expert hostess releases ultimate guide to planning the perfect, stress-free Christmas season.

"A lovely, warm and cheering book with jolly good pointers that help you leave the stress behind and remember what real fun it can be!"

Emily Maitlis, BBC Television

Christmas can turn even the most balanced women into nervous wrecks. After torrid weeks spent shopping, cooking, wrapping, prepping, tweaking, tidying and tweezing, come Christmas Day a woman who was once a vision of composure may not think twice about rugby-tackling her granny to the ground to get the last jar of cranberry sauce. Despite Christmas being the season of goodwill, many ladies have grown to loathe it. Author and Christmas cracker Christine Ida Harrington is not just Santa's Little Helper but every woman's, and her fabulously entertaining survival guide will waltz readers through autumn to New Year with ease (and plenty of good mulled wine!). **Christine's Christmas Countdown** is set to be the salvation of mummies yummy, slummy and everyone in between, letting ladies fall in love with Christmas once again.

Having hosted more than thirty wildly successful festive seasons, **Christine's Christmas Countdown**, will help anyone about to embark on planning either their first - or their fiftieth - family Christmas. Christine's priceless checklist divvies up the tasks, month to month, leading readers through the annual pine-scented quagmire, highlighting 'to-do's' and 'deadlines' for various, often forgotten, Yuletide tasks. From bantering with the butcher about the perfect turkey to tips on how to trim a few pounds off one's waistline for the office Christmas party, Christine provides comprehensive and warm-hearted advice aimed at taking the hassle out of a happy Christmas. With helpful blank lists at the end of each chapter for readers to personalise their own plans, this handbag-friendly guide is the ultimate festive comfort blanket for busy mums. **Christine's Christmas Countdown** really is all you'll want for Christmas. Except, you'll need it now.

About the author: Dr. Christine Harrington is a retired Consultant Dermatologist who now lives in a farmhouse in South Wales where she spends her time gardening. Christine loves nothing more than spending time with her family and dogs, especially over Christmas. **Christine's Christmas Countdown** by Christine Ida Harrington (published by Clink Street Publishing, RRP £4.99 paperback) is available from 30th September 2014 to purchase online at retailers including amazon.co.uk and can be ordered from all good bookstores.

For a review copy or to request an interview, please contact:

Kate Appleton, Marketing and Publicity Executive / kate@authoright.com / 020 7407 0720