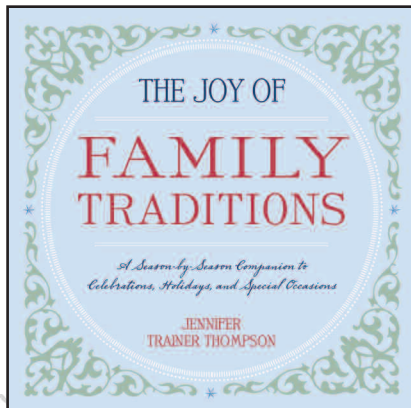


Publicity Contact: Kara Van de Water — (510) 559-1600 Ext. 3054 • [kara@tenspeed.com](mailto:kara@tenspeed.com)



## THE JOY OF FAMILY TRADITIONS

*A Season-by-Season Companion to  
Celebrations, Holidays, and Special Occasions*

JENNIFER TRAINER THOMPSON

*“We don’t need special occasions to  
celebrate our lives.”—Jennifer Trainer Thompson*

Slow down and savor the moments with *The Joy of Family Traditions*. This season-by-season collection of more than 400 multi-cultural traditions and activities offers exciting new ways families can celebrate not just holidays and major milestones—from weddings and baby showers to the first day of school—but any day of the year.

Make soap together on “Spring Cleaning Day” or let the kids create a holiday of their own. Turn a favorite vacation spot into a ritual so every generation will have treasured memories of the same place. From noticing the first day of the season to celebrating an accomplishment, opportunities abound (see reverse for examples).

Traditions offer a sense of history. They ground us and serve as guideposts and tools along the way. For author Jennifer Trainer Thompson, traditions bring her blended family together. With the birth of her son, Thompson gained renewed interest in traditions and a desire to create magical moments for her family, from picking apples in the fall to making sand dollar ornaments in summer. When she adopted her daughter Isabel from Guatemala, she realized just how important family rituals are.

“The search for meaning through ritual is ancient, but in today’s hectic world it’s more important than ever,” says Thompson. “Often, people live great distances from their families. Many children don’t have the advantage of knowing their grandparents. Divorce is commonplace. One out of three parents is a step-parent and there are 22 million ‘step’ families in the United States. Many good parents simply don’t have as much time to dedicate to their kids, but they can make the moments they do spend together special—and it’s as simple as starting a tradition.” She also reminds us that rituals don’t have to be time-consuming—there are dozens in the book that take minutes—and they’re fun!

*The Joy of Family Traditions* not only explores the historical, cultural, and often quirky origins of holidays, customs, and milestones, but also inspires families to preserve, personalize, and create meaningful traditions of their own. Delightful to read, this fun-filled tome of fresh ideas unleashes the imagination so families can mark any occasion and make it memorable year-after-year.

*Jennifer Trainer Thompson* is the author of a dozen books, including the best-selling *Beyond Einstein*. Her articles on science, food, travel, and lifestyle have appeared in the *New York Times*, *Travel + Leisure*, *Omni*, and more. She is also the creator, owner, and chef of the “Jump Up and Kiss Me” brand of food products. She lives with her husband and children in western Massachusetts and travels frequently to Boston, New York, Chicago, and throughout the Northeast. She is available for interviews.

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