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7 Scientifically Proven Tips to Prevent Your Family from Driving You Crazy During the Holidays

Are you dreading the inevitable fights and blowups that are as much a family tradition as lighting the Menorah or decorating the Christmas tree? Yes, dealing with family during the holidays can be an arduous task, but let this be the year you move past all that. Below are 7 scientifically proven tips for how you can keep your cool (and your sanity) during the holidays. Put these tips into practice and let this be the fun, enjoyable time of year it was meant to be.

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