

The More Than Your Age

Christmas Gift Guide

If you're looking to shop small or support many of the More Than Your Age Guests or friends of mine, take a look at some gift options this holiday season.

Hearts and Spade

This 6x6 desk calendar was painted by Wilmington-based artist and gardener, Michelle Woo, as part of her annual tradition to create a calendar that spreads the joy of gardening and supports refugees.

Check out more of her paintings and products that spread the joy of gardening and help refugees.

www.heartsandspade.com



Fotostrap

Fotostrap provides luxury personalized camera straps for photographers and photography enthusiasts who appreciate high-quality products made in the USA.

www.fotostrap.com

Wicker + ivy

At wicker+ivy, we create stunning Bohemian basket wall arrangements designed to add warmth and charm to your space. Each collage features handcrafted, fair-trade baskets and can be customized to perfectly suit your style and decor preferences. Whether you're enhancing a cozy nook or making a bold statement, our basket walls bring natural beauty and artistry into your home.

wickerandivy.etsy.com



Arise Health Chiropractic

Chiropractic care supports your nervous system, bringing calm and balance when you need it most. Make this season full of peace, wellness & joy. Give you or your loved one the gift of wellness at ARISE HEALTH CHIROPRACTIC! Online Gift Card:

[Gift Card Link
arisehealthchiropractic.com](http://arisehealthchiropractic.com)



www.morethanyourage.com

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Practical Happy Spaces

Lindsay Graham is the owner of Practical & Happy Spaces, her organizing company where she helps people to take back ownership of their space. Whether you're seeking decluttering sessions, enhanced functionality, or that 'Instagram or Pinterest' aesthetic, let her guide you in transforming your space into a functional and joyful home.

www.practicalandhappyspaces.com



Carisha Davis Art



Carisha Davis is a contemporary abstract artist in Dallas, TX. Carisha uses bold strokes and bright colors to create statement making masterpieces that transform rooms and spaces.

www.carishadavis.com



Sun Lovin' Roots Apparel

Sun Lovin' Roots is dopamine-inducing activewear—because endorphins make you happy, and happy outfits keep you motivated in the SLR world. It's 25% sweat, 75% outfit.

www.shopsunlovinroots.com.



25% HERE FOR THE WORKOUT
75% HERE FOR THE OUTFIT

SHOP NEW ARRIVAL

www.morethanyourage.com

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Books!

Come What May, I Want to Run

If you're looking for a memoir about resiliency, overcoming adversity, surviving a medical nightmare, cancer caregiving, faith, family, God's goodness, endurance, perseverance, gratitude & the healing power of ultrarunning with a happy ending, consider buying my book COME WHAT MAY, I WANT TO RUN: A Memoir of the Saving Grace of Ultrarunning in Overwhelming Times. Use Code: RESILIENCE & receive 40% off at checkout. Offer expires Nov. 30.



Order here: www.miriamdiazgilbert.com

If You Choose to Come

Karen Jackson's book of poetry *If You Choose To Come* immerses the reader in images of western North Carolina before hurricane Helene ravaged the area. This is a world of nanny goats and babbling streams, of a strutting peacock and mountain sunsets, of barefooting at a local park. Full of gratitude and awe, the collection offers solace, beauty and hope. It can be purchased at [Amazon](https://www.amazon.com) or [Redhawk Publications](https://www.redhawkpublications.com), \$15.00.

If You Choose To Come

Poems by
Karen Luke Jackson

Bare

Are you tired of carrying the weight of your world in silence? Do you smile on the outside while feeling messy, torn, and broken within? If you've ever questioned your worth, *BARE: A Book About Real Evolution* is the answer you've been searching for.

Niccole Nelson delivers a heartfelt, soul-stirring collection of poetry, short stories, and profound one-liners that resonate with raw authenticity. Her words act as a mirror, reflecting your inner brilliance even when you feel overshadowed by doubt. *BARE* is your guide to transformation, connection, and reclaiming the beautiful truth of who you are.



www.niccolenelson.com/bare

www.morethanyourage.com

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Books!

10 Days to Transformation

10 Days to Transformation: An in depth guide to help jump start your discipleship of your children. This guide takes you through evidence that supports the Christian faith and includes questions for each day to engage the whole family!

Price - \$19

Link -

<https://stan.store/jenblehm/p/start-your-10-day-transformation-today->



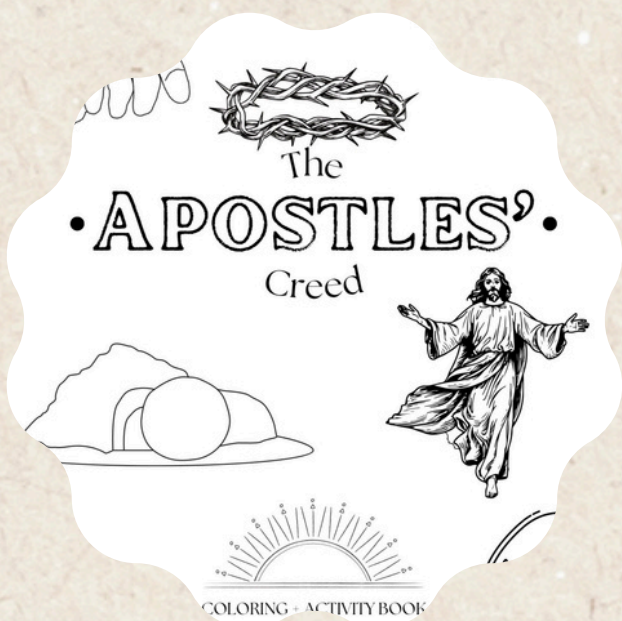
Order here: www.miriamdiazgilbert.com

Coloring and Activity Book

The Apostles Creed Coloring and Activity Book: A fun and interactive way to learn the Apostles Creed with your children. Each page has a line of the creed with an activity or coloring page that corresponds to help your children understand and remember the main tenets of the Christian faith.

Price - \$4.99

[Order Here](#)



Advent for Exiles

In Advent for Exiles songwriter and storyteller Caroline Cobb invites you to experience a more honest, imaginative and Scripture-rich companion for the Advent season. By weaving together Scripture readings, song lyrics, poetic prose, biblical imagery, and responsive exercises, this 25-day devotional will help you break away from the hurried holiday pace and walk the Advent road from darkness to daybreak, exile to homecoming, and wilderness to a flourishing garden. Come experience the exilic ache of Advent, so that you might rejoice all the more at Christ's coming!



www.carolinecobb.com

www.morethanyourage.com

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Below are companies I love and support. I have affiliate links with these companies, so if you end up purchasing, I may or may not receive a commission.

Olive Tree/ Oliveda

This has become my new skincare routine. When some of my people weren't able to get what they needed from the current situation with Beautycounter, I decided to find something as a replacement for the time being. And I found something good. In OLIVE TREE PEOPLE products, the globally unique holistic beauty molecule and elixir, which can only be found in our mountain olive trees, replaces the 70 % water content, which is normally used in skin care products, to 100%. Check the link for more info.



Take the quiz:
www.olivetreepeople.com

Beautycounter

I'm still a big fan of Beautycounter. You will have access now through the end of December. If you have not had a chance to purchase what you need, go ahead and do so now before the site is unavailable. Beautycounter will not be available until some time in 2025. If you need to plan ahead and order sunscreen, now might be a great time. There are a few holiday sets that are great as gifts as well. Take a look:
www.beautycounter.com/ericapasvar



Learn a New Language!

Always wanted to learn a new language someday? Guess what: that someday could be today! Either give or request the gift of language learning with Babbel. All you have to do is get Babbel: the language learning app for real conversation in any situation. With award-winning lessons, immersive podcasts, addictive games, and more bonus content, you can start speaking a new language in three weeks. Take a look!
www.babbel.com



ABLE— personalized jewelry, bags and clothing

ABLE offers stunning jewelry and leather pieces that are both timeless and uniquely personal—perfect for any holiday gift.
www.ableclothing.com

