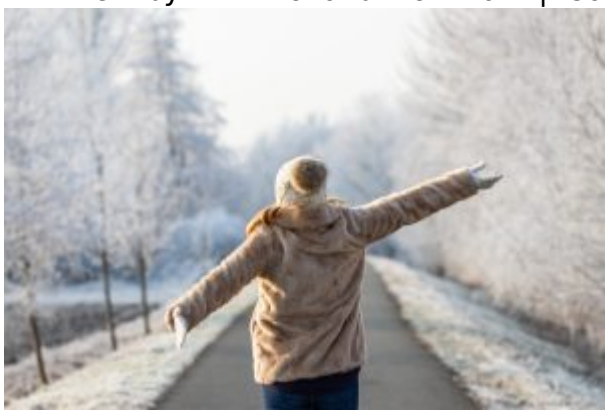
# Embracing Winter: Thriving in the Cold and Reducing Seasonal Affective Disorder

written by Dr. Ronald Hoffman | January 14, 2026



Feeling the winter blues? Dr. Kari Lebowitz, author of “How to Winter,” shares strategies to thrive during the cold and dark days. Embrace winter like never before and beat back Seasonal Affective Disorder. Check it out!