



# Holiday Gifts With Heart

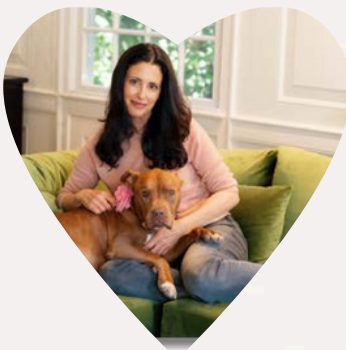


*Dear friend,*

I have always LOVED giving gifts and tend to put a lot of thought into finding just the right ones for the right people and occasions. But after my 12-year-old son Tommy passed away in 2018, my perspective on giving gifts completely changed. Now I mostly search for items that nourish the heart and feed the soul.

If someone you know is grieving and you would like some simple but meaningful gift ideas for them this holiday season, I have written another resource just for you entitled “10 Thoughtful & Unique Gifts to Give Adults Who Have Lost.”

If you're looking to buy a meaningful holiday gift for family members or friends who are on a journey of healing and transformation, I'm excited to share some of the unique ideas below that are speaking to my heart this year and may speak to theirs too!



*From my heart to  
yours,*

*Nikki*

## The Gift of Memories

### Life Chronicles - Personal Documentary



[Click Here!](#)

This might be the greatest gift I've ever given my mother, not to mention my entire family line. Life Chronicles is a 501(c)3 charity based in Santa Barbara whose mission is to document the lives of aging family members. Life Chronicles began simply as a way to preserve memories. It has grown into a remarkable gift that offers healing and connection to families with loved ones who are aging in life or facing serious illness.

Life Chronicles offers us the opportunity to sit and ask loved ones about their lives in a safe and meaningful space. The charity produces and edits a video of the discussion, and ultimately delivers the gift of a lifetime to everyone in the family, forward and backward.

## The Gift of Creativity

### ART by SAMI



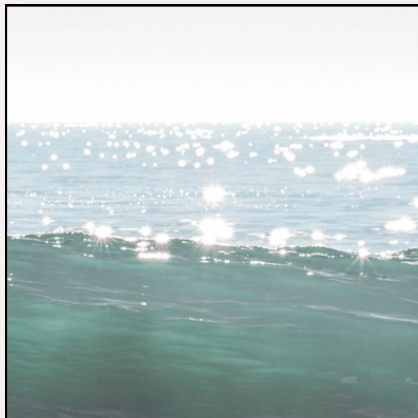
[Click Here!](#)

All children impact our world in life, some even in their exit. One of the ways we can all find meaning and help each other heal is by honoring the children who leave our world far too soon. Sami Liber passed away on August 8, 2024, as a result of an ATV accident while on vacation with her family. While she was only 16, she was talented beyond her years and has left behind a stunning collection of original artwork that is sure to touch anyone's soul. Her family is making available a select limited run of her work and 100% of sales will benefit The SAMI Foundation to support teens and their artistic pursuits. Please visit [www.samiliber.com](http://www.samiliber.com) and click on the "shop" link. Prices range from \$50-\$200.



## The Gift of Creativity

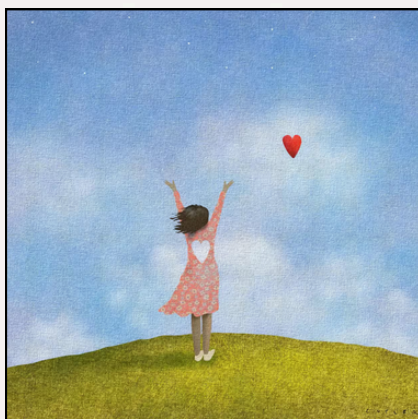
### Coastal Calm Photography



[Click Here!](#)

Jamie Lovelynn is a fine art photographer in San Diego who produces images that remind us to breathe, feel, and be in the moment. While Lovelynn travels and takes pictures all around the world, it is her California beach scenes that I personally find stunning. Hermosa Beach is near and dear to my family's heart, and Lovelynn just happened to have a magical shot of our favorite lifeguard station. So now a slice of Hermosa Beach hangs in my Los Angeles home and brings a smile to my face every day. Lovelynn is a delight to work with, and her warm essence radiates through her images. Photographs come in multiple sizes, unique frame options, and can even be custom made for your needs and preferences. Prices range from \$299-\$5000. **Enter code TM23 for a 23% discount.**

### OutofHisMindArt



[Click Here!](#)

If you read my weekly blog, many of the illustrations I use were designed by a very special and talented man named Dave Cutler. His work is witty, full of heart, and has been featured by such outlets as Time Magazine, NPR, The Today Show, and the Wall Street Journal. This year, Dave started his own Etsy site where he transfers his whimsical and thought-provoking images onto framed canvas. I have purchased two of his illustrations as gifts and they were both total hits! The printing quality is excellent, the frames are high quality, and each design is guaranteed to make your recipient smile. Prices range from \$24-\$146. **Input code DCTM23 at Etsy checkout or click HERE for a 10% discount.**



## The Gift of Connection

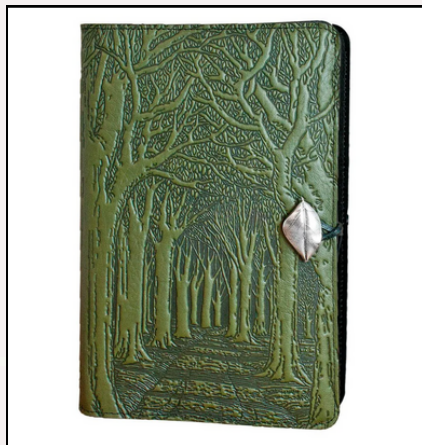
### Unplug Meditation



[Click Here!](#)

Unplug Meditation in Los Angeles has been a huge part of my healing journey. I go multiple times a week for soundbaths, breathwork classes, and special events. I also love the Unplug app, which offers an extensive library of guided practices from a diverse array of teachers. With themes like stress relief, breathwork, anxiety reduction, sleep support, and hypnosis, the Unplug app makes the perfect gift for someone seeking the benefits of mindfulness without the time commitment of a class. I was so excited to see that Unplug is now offering a one-year subscription to its app for \$69. I am also excited to share that Unplug is offering an additional 25% discount to this community! **Enter code TM23 to redeem and give the gift of inner-stillness and connection that is essentially priceless.**

### Oberon Journals



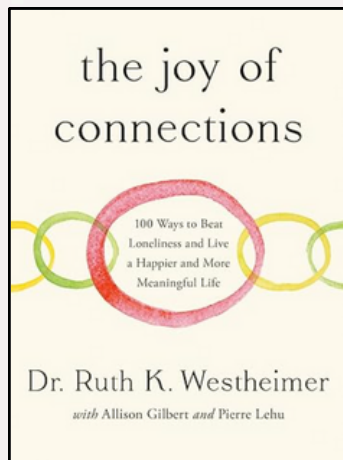
[Click Here!](#)

A few days after my son Tommy passed away, I found a green journal in a pile of condolence cards, and it literally saved my life. Not knowing what to do with myself at that time or how to survive such a tragic loss, I started writing in it. This Oberon journal was the beginning of my healing journey that has led me to writing a memoir, a blog, and articles for third parties. I still write to Tommy every night in my Oberon journal, and I cherish this time of connection. Inserts come lined (for writers) or unlined (for artists), and can easily be replaced when used up. The leather is beautiful, the designs are stunning, and I'm pretty sure the journals themselves will last a lifetime. Prices range from \$49-\$79.



## The Gift of Connection

### The Joy of Connection

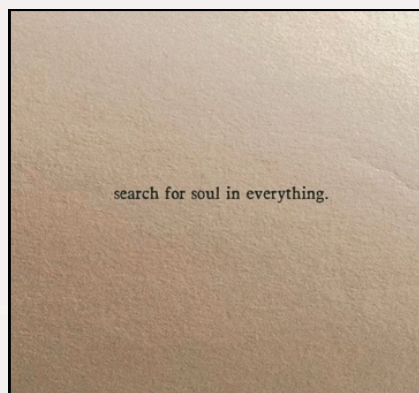


This sweet little hardback book offers “100 Ways to Beat Loneliness and Live a Happier and More Meaningful Life.” Who doesn’t want that? From curating your social circle to making yourself more friendly, Dr. Ruth and her co-authors offer simple but practical ways to connect more deeply with ourselves and each other. This gift item is great for a guest bathroom, bedroom nightstand, or living room coffee table, and is the kind of book you can pick up any time and in just two minutes absorb one of its hundred points. Dr. Ruth passed away this year, so this book of wisdom is one of her last gifts to us. Currently priced at \$19.99 on Amazon.

[Click Here!](#)

## The Gift of Gratitude

### Soul Gratitude App



It is said that those who make time every day to reflect on gratitude experience reduced stress, anxiety, and burnout. But for many, writing in a gratitude journal can be a challenge. Enter Soul, a text-message based tool that sends spontaneous nudges of gratitude prompts over iMessage, WhatsApp, or SMS. You reply to prompts where you can, and your answers are encrypted in an online journal. Soul is easily accessible and is dedicated to helping us develop a gratitude habit that benefits us inside and out. This unique gift is great for the person in your life who is addicted to their phone and could use a little extra Soul 😊. A subscription is \$6 a month.

[Click Here!](#)



## The Gift of Self-Care

### Nefertem Perfume Company



[Click Here!](#)

This little shop in Northern California offers beautiful small containers of natural oils from around the world. Some people like to wear them daily as perfume. Others wear them on special occasions and/or during sacred ceremonies and rituals. No matter what the occasion, I love buying these for myself and giving them as gifts because not only do they smell great and come in pretty, travel-size containers, they support artisan distillers and villagers around the world. The key is to find the scents you like, and trust that your recipient will too. Nefertem will send samples. They are also very open to talking about the stories behind each scent, which makes each one feel personal and sacred. For men and women. Prices range from \$40-\$330. **Enter code TM23 for a 5% discount.**

### Kaibae Face and Body Oil



[Click Here!](#)

When it comes to healing and self-care, we can't underestimate the value of tending to our own skin. And during times of healing and transformation, it pays to keep things simple, clean, and nurturing. Two of my favorite skin care products are made by a family-run company called Kaibae. A partnership between a naturopathic doctor and a botanist-humanitarian, Kaibae utilizes wild plants and direct community partnerships throughout Africa to improve health and beauty while also promoting social good. The face and body oils are light, gentle, and contain a blend of wild harvested botanical ingredients and marine actives to improve skin's elasticity, protect users from UV radiation, and add hydration. The Kaibae Face Oil is currently priced at \$78 and the Wilder Body Oil is priced at \$80. **Enter code TM23LOVE20 for a 20% discount.**



## The Gift of Comfort

### Betsey Carter Mugs



[Click Here!](#)

It may sound boring to give a mug, but not a Betsey Carter mug! These were on my list last year and they're making the cut again. These all-white ceramic mugs are handmade with a ton of love AND a custom engraved word. Sometimes I give these mugs to friends who are calling in something specific, like "Abundance" or "Love." Other times I engrave a favorite word (like "Play" or "Gratitude") or an emotion that I know the recipient wants to feel (like "Trust"). The mug itself is beautiful, full of heart, and perfect for tea, coffee, hot chocolate, and soup. I have given no fewer than dozens of these mugs to friends and every time they order more for their own friends! Mugs are currently priced at \$56 on Etsy. **Enter TM23 in the checkout "notes" to receive a small gift with purchase.**

### Flamingo Estate Olive Oil



[Click Here!](#)

Instead of giving wine for holiday gifts, I have started giving olive oil. It's good for the heart, and we all use it. Whether you put a touch on your skin (an Italian secret) or in your food, this is the type of gift that will inspire your recipient's inner chef and be much appreciated. Made in Ojai, California, the olives used in this tasty bottle of organic olive oil are grown and harvested by hand on a multi-generational family-run farm. 15% discount for first time buyers. Currently priced at \$48.



## The Gift of Healing

### Rose Thorn Healing Necklace Charms

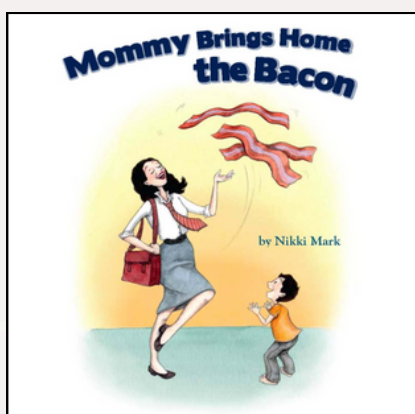


[Click Here!](#)

Rose Thorn necklaces and charms are beautiful medical grade jewelry designed to empower individuals to heal themselves. I'm so excited to share with you a stunning new "tool" designed to help release grief in the body and promote healing. Available in gold, silver, and bronze with a pellet on the back to activate acupressure points on the body, the line's new "Nikki" charm (not named by me!) is meant to be manually pressed into our grief channels located throughout the body. It's great for both men and women (depending on the chain) and highly recommended for teenagers and young adults who are empathic, sensitive, and appreciate style with a touch of self-care. Prices range from \$177-\$889.

## The Gift of Family

### *Mommy Brings Home the Bacon*



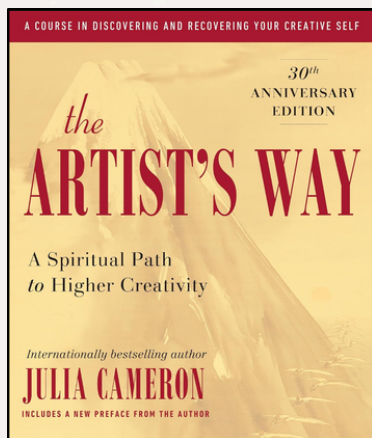
[Click Here!](#)

I wrote this children's book many years ago to help my boys understand why I had to go to work every day. When I first read it to them, I was so pleased by their reaction that I decided to self-publish it for the benefit of other working mothers. This is the first of three books in my MightyMom Series, all of which offer ways for moms to address sensitive topics with their children ages 4-8. I created these books as a hobby and am selling them direct on Amazon. I'm happy to sign them for you, and 100% of my portion of sales benefit the [TM23 Foundation](#). Please make sure to purchase the book from the official MightyMom seller on Amazon! Currently priced at \$9 each.



## The Gift of Play

### *The Artist's Way*



[Click Here!](#)

This gift of play and community is a great gift for a small group of close friends or family. For 32 years, *The Artist's Way* has been inspiring readers to tap into their highest selves and reinvigorate their lives. This may sound like work, but going through the process with a friend or group of friends makes healing and transformation easier and a lot more fun. I experienced *The Artist's Way* 12-week program during COVID, when two close friends asked me to join them. Week after week, we read a chapter on our own, did the necessary exercises, and then set up a call to discuss the results. While this book can be an amazing gift to yourself or any person in your life who's up for these types of creative challenges, it's an unusual gift in that you can give it to a small group of friends and experience the magic of it together. Currently priced at \$6.14 on Amazon.

### The Moth Presents: A Game of Storytelling



[Click Here!](#)

The Moth has released a wonderful storytelling game that brings people of all ages together for a night of tales. For those unfamiliar with The Moth, it is a nonprofit dedicated to the art of storytelling, where people of all kinds share true, personal stories live on stage in front of an audience. Stories range from heartwarming and emotional to humorous and witty, reflecting our shared human experience. Now, The Moth has given us a game so we can replicate the live Moth experience in our very own homes. With 100 storytelling themes to choose from, and 360 prompts, this game is sure to get game lovers talking and forge stronger and more intimate bonds. Currently priced at \$16.73 on Amazon.



## The Gift of Giving

### When in doubt...Donate to a charity in your recipient's name

Everyone loves to open a special tangible gift, but people on a genuine journey of healing and transformation find purpose and meaning in serving others. It's instinctual, and believe it or not, for many, it's survival.

There are an endless number of charities from which to choose. What matters is you donate to the one supporting a cause that the recipient of your gift cares most about—especially if they have their own foundation. Anyone who starts a charitable foundation for a cause they deeply care about, or to honor a loved one they have lost, will always prefer the gift of a donation in any amount.

Here are some ideas...but I'm sure there are many local charities close to your heart that would LOVE to be remembered this holiday season.

### The Gift of Play



[Click Here!](#)

### The Gift of Animals



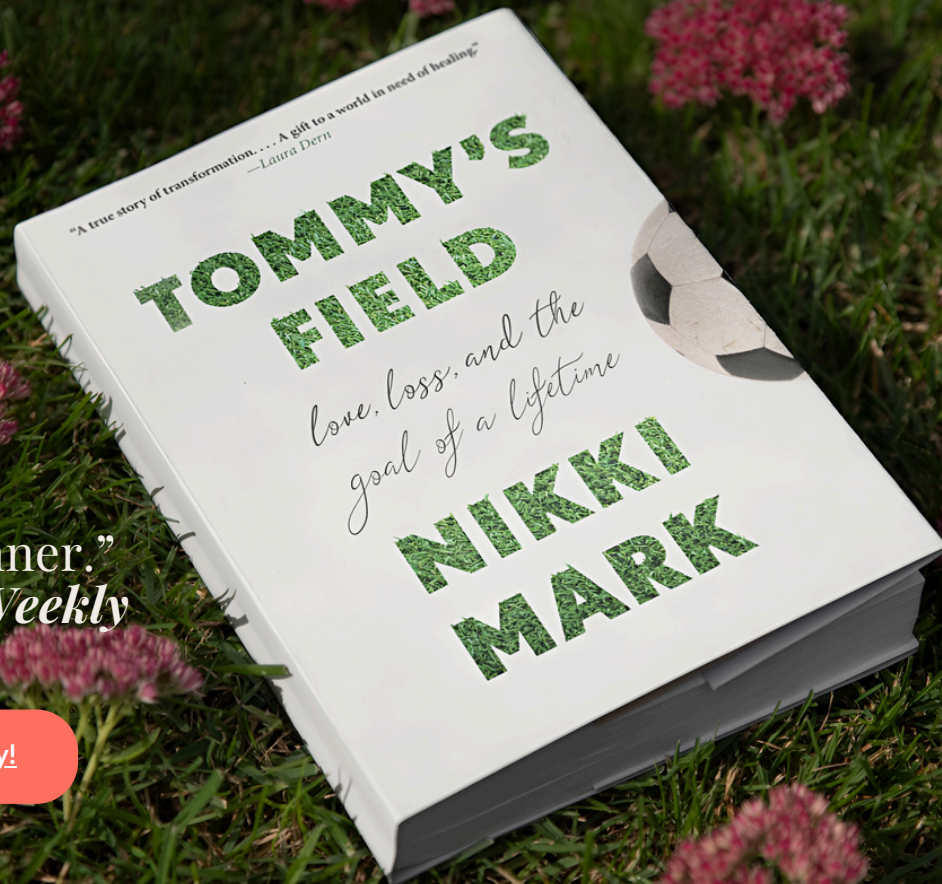
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Wishing you and your family love this holiday season.

From my heart to yours,  
Nikki ❤️



Sometimes what brings us the most pain can be the very source of our greatest inspiration.



“This is a winner.”  
*Publisher's Weekly*

[Get your copy today!](#)

*\*100% of author's proceeds are being donated to build more Tommy's Fields.*

In 2018, Nikki Mark's twelve-year-old son Tommy went to sleep one night and never woke up. Devastated, Nikki embarked on an unconventional journey to honor Tommy by building his legacy and healing her heart.

From raising over \$1,000,000 to build an athletic field in Tommy's name, to taking on big city politics, to exploring alternative healing modalities from meditation to mushrooms, Nikki now shares her intimate story of navigating grief with love and action – and a little coaching from beyond.



**NIKKI MARK** formerly developed and led operations for music, hospitality and sports team start-ups. She is the Founder of the [TM23 Foundation](#), which opened the first Tommy's Field in 2021, the second one in 2023—and now has a third field in the planning stages. Her weekly articles, alternative healing toolkit, and free resources can be found at [Nikkimark.com](#). She lives in Los Angeles with her husband, son, and dog Ginger.

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