If you're stuck in the winter doldrums – no worries. In this issue we're delivering just what you need to keep your energy and your spirits up.

First we'll help you [Bust Out of a Hibernation Rut](http://www.weightwatchers.com/us/m/cms/article/bust-out-hibernation-rut) with some savvy tips for staying on track.


And if unfocused eating is an issue for you – here's a special article. In [How to Eat Mindfully – Anytime, Anywhere](http://www.weightwatchers.com/us/m/cms/article/how-eat-mindfully-anytime-anywhere), you'll learn how to master the art of real focus during meals, which experts say may help you enjoy your food even more, and even eat less.

And speaking of enjoyment, here's a recipe that fills the bill. Our [Chopped Spinach and Pear Salad with Sherry Vinaigrette](http://www.weightwatchers.com/us/article/chopped-spinach-and-pear-salad-sherry-vinaigrette) brings a breath of fresh air to winter, and has only 1 SmartPoint™.

Enjoy the issue. More in two weeks.

~Tricia

Links not working? Just cut and paste the following link into your Web Browser.

- [How to Eat Mindfully – Anytime, Anywhere](http://www.weightwatchers.com/us/m/cms/article/how-eat-mindfully-anytime-anywhere)
- [Chopped Spinach and Pear Salad with Sherry Vinaigrette](https://www.weightwatchers.com/us/article/chopped-spinach-and-pear-salad-sherry-vinaigrette)