Lizzie Post

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Lizzie Post is Emily Post's great-great-granddaughter. Lizzie is a co-author of *Emily Post's Etiquette*, 18th edition, co-author of *Great Get-Togethers*, and the author of *How Do You Work This Life Thing?*. This holiday season, Lizzie is working with

Bank of America
to provide advice on how to reduce stress and stay within your budget during the holidays.
Cash rewards
, BankAmeriDeals and
mobile banking
can provide creative solution to holiday gift-giving and mutli-tasking!

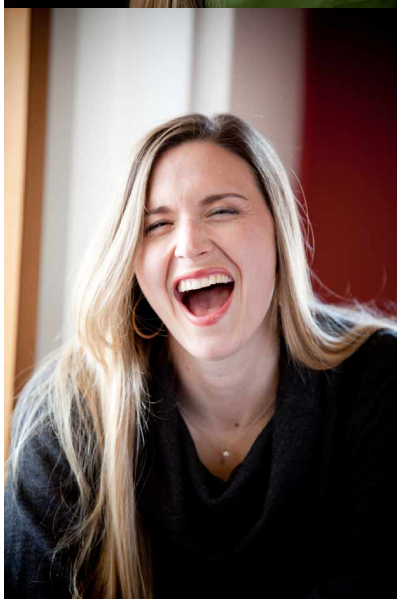
Lizzie covers topics ranging from entertaining and lifestyle to advice for the newly independent. She also contributes to The Juicy , Juicy Couture's blog.

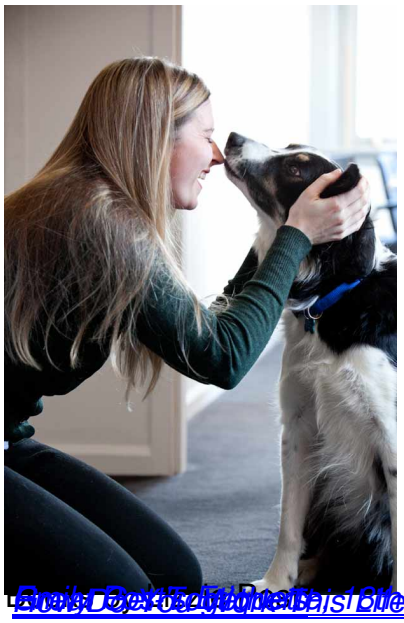
Lizzie is a graduate of the Emily Post Children's Train the Trainer Program and has worked with students from second grade through high school teaching table manners, introduction skills, and how etiquette can make a difference.

Lizzie also manages Emily Post's e-learning programs , and has developed E-Learning For New Hires as well as an
E-Learning Business Dining Course
.

Lizzie is an in-demand source of modern etiquette advice for newspapers, magazines, television, radio and the Web. Her interviews include *The Today Show*, *Weekend Today*, *The Tyra Banks Show*
,
People
,
Glamour
,
The Los Angeles Times
,
The Chicago Times
,
The Christian Science Monitor
, the Associated Press,
Redbook
, USWeekly.com, and Martha Stewart Living Radio
.

Lizzie holds a Bachelor of Science degree in art education from The University of Vermont and currently lives in her native Vermont where she works for The Emily Post Institute.





Lizzie Post is a Senior Editor at The Bitter Editor.