

## Chicken Soup for the Soul: My Resolution - 37 Stories of Discovering Your Worth and Just Doing It



Chicken Soup for the Soul: My Resolution gives you great stories with practical ideas for today's times - for your mind, your body, and your wallet! Everyone makes resolutions - for New Years, for big birthdays, for new school years. In fact, most of us are so good at resolutions that we make the same ones year after year. They can be life-changing or really quite simple. Listen to real stories from real people about their year-round resolutions - to do with less and simplify their lives, to go green, lose weight, quit smoking, get fit sensibly, change careers, find new meaning in their lives, improve personal relationships, find more time for what's important, and many more practical, heartwarming, and humorous resolutions. Includes: Im Worth It Simple Pleasures I Did It! Gotta Laugh

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