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Inspirational Stories Of Energy
Endurance And Endorphins
Jack Canfield
Chicken Soup For
The Soul Runners
101 Inspirational
Stories Of Energy

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Soup For The Soul Runners 101

Endurance And
Inspirational Stories Of Energy
Endorphins Jack
Endurance And Endorphins
Canfield
Jack Canfield

*This is the book everyone has been waiting
for-an inspiring celebration of the joy,*

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*challenges, and triumphs of being African
American.*

*Readers will be amused, comforted, and
encouraged, by stories about “dysfunctional”
families just like their own, and will realize
we are all alike and we all have the same
family issues. A great quirky and fun
holiday book. Almost everyone thinks their*

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Jack Canfield

own family is “dysfunctional “or at least has a dysfunctional member or two. With stories about wacky yet lovable relatives, holiday meltdowns, and funny foibles along with more serious stories about abuse, controlling family members, and flare-ups, Chicken Soup for the Soul: All in the Family shows readers that they aren’t alone.

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Inspirational Stories Of Energy
Endurance And Endorphins
Jack Canfield
*Miracles, answered prayers, cases of divine
intervention—they happen every*

*day—strengthening our faith, giving us
hope, and proving that good things do
happen to good people! Miracles are all
around us—we just have to look to see
them. These powerful stories will deepen
your faith and give you hope that good*

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Endurance And Endorphins
Jack Garfield

things do happen to good people. From guardian angels to divine messengers, from miraculous healing to messages from heaven, from mysterious dreams that come true to divine coincidence, you'll be in awe as you read these 101 stories of true wonder and inspiration. These stories are written by real people—ordinary people who have had

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extraordinary experiences—who are just as surprised that these things happened to them as we are to read about them.

Chicken Soup for the Soul: Christmas Magic will warm readers' hearts and spread the wonder of the holiday season with its tales of love, joy, and awe. A fantastic holiday gift for the young and young at heart.

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Christmas is a magical time of year -- a time of family, friends, and traditions.

Readers will revel in the 101 holiday stories in Chicken Soup for the Soul: Christmas Magic that spread the special joy, wonder, and blessings of the season with its tales of finding the perfect Christmas tree, being with family, seeing the awe in a child's eyes,

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and enjoying the magic of the season.

Chicken Soup for the Soul: Family Matters

*101 Stories about Good Decisions, Self-
Esteem, and Positive Thinking*

Chicken Soup for the Soul: Empty Nesters

Chicken Soup for the Grieving Soul

*Stories of Changes, Choices and Growing
Up for Kids Ages 9–13*

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Chicken Soup for the Soul: Believe in Angels
*Chicken Soup for the Soul: The Spirit of
America*

*101 Stories about Surviving and Thriving
When the Kids Leave Home*

These true personal stories of angels,
miracles, answered prayers, and

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divine intervention will deepen your faith and open your eyes to the angels, guardians, and guides in your life. Miracles happen every day to people from all walks of life. And angels are all around if we are open to seeing them and accepting their

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help. You ' ll be inspired, awed and comforted by these 101 stories from ordinary people who ' ve had extraordinary experiences, including: The young family caught in a snowstorm who were rescued by a man named David and hosted in

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his cabin—who learned afterwards that David and his family had died three years earlier on the same highway they were stuck on The widow who had been making snow angels with her husband for decades and then found two perfect ones in

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the fresh snow by his memorial
bench one wintry morning—with no
footprints leading to them The
daughter whose dying mother
promised to send flowers, who
returned from the funeral to find her
mom ' s almost dead Christmas

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cacti had blossomed, covering an entire room with flowers The mother who saw her husband hoisting their little girl by one arm from a lake she ' d fallen into, but didn ' t see the man her husband says was holding the girl ' s other

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arm The notoriously grumpy old man in a nursing home who spent a whole day happily saying goodbye to everyone and thanking them because an angel told him, correctly, it would be his last day on earth The teenager working in a hotel kitchen

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who was pushed away by an
invisible force while standing in a
group of people, and just missed
being hit by a large piece of
equipment that fell right where
she ' d been standing

Work is an important part of living,

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whether you wait on customers,
build a business or cook for your
family. As such, we all have
important stories to tell about our
work.

This first batch of Chicken Soup for
Teens consists of 101 stories every

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teenager can relate to and learn from -- without feeling criticized or judged. This edition contains important lessons on the nature of friendship and love, the importance of belief in the future, and the value of respect for oneself and others, and

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much more.

This collection of inspirational
stories will undoubtedly touch many
hearts. Written by authors who have
lost loved ones, these stories offer
comfort, peace and understanding
to those going through the grieving

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process.

Your Personal, Portable Support
Group with Stories of Healing,
Hope, Love and Resilience
Chicken Soup for the Soul Love
Stories

Chicken Soup for the Soul: Angels

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and Miracles
Endurance And Endorphins
101 Unforgettable Stories about
Jack Canfield
Our Nutty but Lovable Families
Chicken Soup for the Ocean Lover's
Soul
Chicken Soup for the Soul: Twins
and More

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Inspirational Stories Of Energy
Endurance And Endorphins
Jack Canfield
101 Inspirational Stories of
Miracles, Divine Intervention, and
Answered Prayers

101 Stories to Open the Heart &
Rekindle the Spirit

**All of us, at one time or
another, find ourselves**

Inspirational Stories Of Energy
Endurance And Endorphins
inexplicably drawn to the sea.

**For some, it's a place for
reflection or romance. For
others, it's the thrill of
watching surf crash against a
sandy white beach or studying
the kaleidoscope of life among
a tropical coral reef.**

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**This is Chicken Soup for the
Soul's first book about the
growing world of twins and
multiples. Twins, parents of
multiples, relatives of twins,
or anyone interested in twins,
triplets, and more will enjoy
these inspirational,**

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Inspirational Stories Of Energy
humorous, and touching
Endurance And Endorphins
stories. Twins and multiples
Jack Danfield
are all over the news these
days. Co-author Susan M.
Heim, a well-regarded expert
on twins, has collected stories
that highlight the special
bond twins share, the joys and

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Inspirational Stories Of Energy
Endurance And Endorphins
Jack Confield

**challenges of raising
multiples, the multiple
blessings of being a twin or
having them in the family, and
adventures in raising triplets
and quadruplets, too! Anyone
interested in twins, triples,
and more, will enjoy these**

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Inspirational Stories Of Energy
Endurance And Endorphins
**inspirational, humorous, and
touching stories.**

**A collection of stories from
real people about how they
have managed to pick
themselves up, overcome the
obstacles facing them, and
find the bright side in their**

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Inspirational Stories Of Energy
situations.

**Whether you're a veteran
grandma or a Nana-to-be, this
collection of stories will warm
your heart and make you
laugh about the universal
experiences of being a
grandmother.**

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Endurance And Endorphins

**101 Stories to Open the Heart
and Rekindle the Spirit
Stories to Honor and
Celebrate the Ageless Love of
Grandmothers**

**101 Laugh-Out-Loud Stories
101 Incredible Stories about
Our Funny, Quirky, Lovable &**

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Endurance And Enderphins
Jack Catfield
**"Dysfunctional" Families
101 Holiday Tales of
Inspiration, Love, and Wonder
Chicken Soup for the Soul:
Think Positive for Kids
101 Inspirational Stories
about Hope, Answered
Prayers, and Divine**

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Inspirational Stories Of Energy

Intervention

Chicken Soup for the Soul:

Just for Preteens

Chicken Soup for the Soul:
Just for Preteens helps
readers as they navigate
those tough preteen years
from ages 9 to 12 with its

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Endurance And Endorphins
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stories from others just
like them, about the highs
and lows of life as a
preteen. It's a support
group they carry in their
backpack! Being a preteen is
harder than it looks! School
is more challenging, bodies

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Inspirational Stories Of Energy
Endurance And Endorphins
Jack Canfield

are changing, relationships
with parents are different,
and new issues arise with
friends. But this collection
will help preteens, showing
them they are not alone.
Readers will be encouraged
and inspired by stories from

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Inspirational Stories Of Energy
Endurance And Endorphins
Joel Garfield

other preteens, just like
them, about the problems and
issues they face every day.
This special anniversary
collection of has a double-
dose of inspiration -
personal stories of how
Chicken Soup for the Soul

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Inspirational Stories Of Energy
Endurance And Endorphins
changed lives, and the life-
changing story itself!

Jack Canfield
Twenty years later, Chicken
Soup for the Soul and its
stories are still changing
lives! This special
twentieth anniversary
collection celebrates the

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Inspirational Stories Of Energy
Endurance And Endorphins
Jack Canfield

power of storytelling.
Readers share their
personal, inspiring
stories about how a Chicken
Soup for the Soul story made
a difference in their lives,
paired with the life-
changing story itself. It's

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Endurance And Endorphins

a double dose of
inspiration!

This book provides support
during a very emotional but
exciting time for parents -
sending their children off
to college, new homes, or
careers. It's a must-read

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Endurance And Endorphins
Jack Canfield
for empty nesters or soon-to-
be empty nesters grappling
with their own bittersweet
new freedom. This is Chicken
Soup for the Soul's first
book on a very emotional but
exciting time for parents -
sending their children off

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to college or new homes and careers. This terrific book is a must read for empty nesters or soon-to-be empty nesters. It contains 101 stories written by parents who have been there already and share their stories with

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new empty nesters. These
heartfelt stories will
inspire, support, and amuse
parents grappling with their
own bittersweet new freedom.
The book also includes
stories from the kids
themselves, providing the

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Joel Carfield

view from the other side.
Parents will nod their
heads, cry a little, and
laugh a lot as they
recognize themselves and
their almost grown-up
children in these stories.
In this book, parents share

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stories of gazing at
surprisingly clean bedrooms,
starting new careers,
rediscovering their spouses,
and handling the continuing,
and often humorous, needs of
their children even while
they are away at college or

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Inspirational Stories Of Energy

ensconced in their own
apartments. In one amusing
story, a mother writes of
dropping her last child off
at college and then
realizing that she and her
husband can do anything they
want. They spend three days

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driving the six hours home.
The first Chicken Soup for
the Soul book was published
in 1993, and became a
publishing industry
sensation, ultimately
selling eight million
copies. Since then, more

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Jack Canfield
than 150 Chicken Soup titles
have been published, selling
more than 100 million
copies. Chicken Soup for the
Soul has won dozens of
awards over the past 15
years, and its founders,
Jack Canfield and Mark

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Jack Canfield
Victor Hansen have become
celebrity motivational
speakers and authors.

Rediscover the power of
inspiration with timeless
stories about the everyday
miracles that illuminate the
best of the human spirit.

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Endurance And Endorphins
Jack Canfield

Whether you're discovering
Chicken Soup for the first
time or are a long time fan,
this volume will inspire you
to be a better person, reach
for your highest potential,
share your love and embrace
the world around you.

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The Exclusive Personal
Endurance And Endorphins
Stories Behind Your Favorite
Songs
John Canfield

101 Stories with Recipes
from the Heart

101 Miraculous Stories of
Signs from Beyond, Amazing
Connections, and Love that

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Doesn't Die
Chicken Soup for the Soul
20th Anniversary Edition
Chicken Soup for the
Recovering Soul
101 Stories Celebrating
Double Trouble and Multiple
Blessings

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Endurance And Endorphins
101 Stories about What Makes
Our Country Great
Chicken Soup for the Girl's
Soul

*Written by and for preteens,
this uplifting collection of
stories touches on the emotions*

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Inspirational Stories Of Energy
Endurance And Endorphins
Jack Canfield
*and situations they experience
every day: making and losing
friends, fitting in while keeping
their personal identity,
discovering the opposite sex,
dealing with pressures at
school including violence, and*

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*copied with family issues such
as divorce.*

*Stepping outside your comfort
zone is one of the best ways to
feel younger, happier, and more
confident. These 101 stories
will inspire you to try new*

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Inspirational Stories Of Energy,
Endurance And Endorphins,
Jack Canfield

*things, overcome your fears and
broaden your world. When we
try new things, we end up
feeling energized and pleased
with ourselves. There is
tremendous power in saying
"yes" to new things, new places,*

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and new experiences. The authors of these stories explain how they did it and how good it made them feel, whether it was something as simple as trying a new food or something as life changing as starting a new

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career. You'll be ready to shake up your own life after you read about their experiences.

Look beyond the hurt and use the power of forgiveness to move forward. Forgiveness is one of the best tools we have at

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*our disposal to create a better
life for ourselves. Leave that
baggage behind as you put the
past in the past— where it
belongs! Forgiveness is an
amazing tool—it can transform
your life in just one second if*

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*you decide that you want to use
its power. There's a reason we
refer to anger, resentment, and
disappointment as "baggage."
We carry it everywhere we go.
We'd like nothing more than to
drop it on the side of the road*

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*and forget about it. But how do
we do that? How do we process
the past and then leave it
behind? These 101 revealing
true stories show you how.
Learn how to manage your hurt
with or without an apology and*

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*focus on what's really
important. Read about
marriages being strengthened,
families getting back together,
grown children coming to
understand their parents, and
people overcoming the worst*

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*transgressions—even crimes.
These men and women walked
forward light and free, and you
can, too—onto the bright,
warm, welcoming road ahead.
And, because no one's perfect,
you'll also learn how to*

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*apologize if you're the one in
the wrong... and how to use the
power of self-forgiveness to find
peace and happiness.*

*These true personal stories of
angels, miracles, answered
prayers, hope and divine*

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*intervention will amaze, inspire
and comfort you. You only have
to open your eyes and your
heart to find the angels,
guardians and guides in your
life. Angels are among us! They
are seen every day by people*

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*from all walks of life, and you
can read about these
extraordinary encounters in
these 101 true stories. From
medical miracles to messages
from heaven, from impossible
dreams coming true to finding*

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what has been long lost, these stories will deepen your faith and open your eyes to the angels all around us. All you have to do is believe. Chicken Soup for the Soul books are 100% made in the USA and

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*each book includes stories from
as diverse a group of writers as
possible. Chicken Soup for the
Soul solicits and publishes
stories from the LGBTQ
community and from people of
all ethnicities, nationalities, and*

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religions.

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Reader's Choice 20th

Anniversary Edition

Amazing Sea Stories and

Wyland Artwork to Open the

Heart and Rekindle the Spirit

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All Your Favorite Original
Stories Plus 20 Bonus Stories
for the Next 20 Years
101 Stories About Self-Care and
Balance*

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*Chicken Soup for the Soul:
Read, Laugh, Repeat*

Chicken Soup for the Soul

*Chicken Soup for the Soul -
EXPORT EDITION*

From Barbies to your first
bra, from holding your teddy

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bear to slowdancing with
your first boyfriend, from
knowing everyone in
elementary school to trying
to make new friends in
middle school. . . . When
dealing with these changes,

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it's no wonder preteen girls
can freak out from time to
time.

Shares uplifting personal
stories about values,
gratitude, good decisions,
and doing the right thing

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Endurance And Endorphins

and offers children examples
of how to live a positive life.

Jack Canfield
Chicken Soup for the Soul:
Think Positive will inspire
and uplift readers with its
stories of optimism, faith,
and strength. In bad times,

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and good, readers will be
heartened to keep a positive
attitude. A great start to the
New Year. Every cloud has a
silver lining. And the stories
in Chicken Soup for the
Soul: Think Positive will

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encourage readers to stay
positive, because there is
always a bright side. This
book continues Chicken
Soup for the Soul's focus on
inspiration and hope,
reminding us that each day

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holds something to be
thankful for.

The kitchen is the heart of
the home. So much of life is
lived around the family
table: we tell stories, review
the day, pass on traditions,

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grieve our losses, resolve
differences, introduce new
loves and celebrate holidays.
In the preparing and sharing
of meals we create deep
memories that we carry with
us forever. In the flavor of

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Chicken Soup for the Soul,
here is a joyful collection of
heartwarming stories

accompanied by
mouthwatering recipes.

Seasoned with heartfelt
blessings, this marvelous

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book will help you revisit
time-honored values and
foster the sharing of
meaningful
conversation—and new
recipes—at mealtime.

Chicken Soup for the Soul:

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Making Me Time
Endurance And Endorphins
Chicken Soup for the Soul:
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Find Your Happiness
Chicken Soup for the Soul:
Think Positive
Chicken Soup for the Soul:
Messages from Heaven

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Chicken Soup for the Soul:
Angels All Around

Chicken Soup for the Soul:
It's Christmas!

Stories to Open the Heart
and Rekindle the Spirit

Chicken Soup for the Soul at

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Work

"Chicken Soup for the Soul is a heartwarming collection of tales that will inspire you to live your dreams. The stories demonstrate the best qualities we share as human

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Jack Canfield

beings: compassion, grace,
forgiveness, generosity and
faith and they share a
collected wisdom on love,
parenting, teaching, death
and the overcoming of
obstacles. The Chicken Soup

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series has touched the lives of millions of people worldwide. Discover how your life could be turned around too." --Publisher's description.

"Me time" is the cure for

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what ails you. You know you need it. Here's how to take care of yourself so that you can be the very best version of you! Do you ever say that you'll take care of yourself after you finish your to-do

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list? The personal, revealing stories in this book will convince you to put yourself at the top of that list. Self-care and life balance are what we all neglect most. These 101 true stories from

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people who turned their lives around will show you how to take care of your physical and mental health. You'll be inspired by people who have taken back control of their lives and carved out that all-

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important "me time,"
whether that means
exercising, reading,
meditating, seeing friends, or
communing with nature.
Whatever your psyche needs
is your form of "me time"

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and that's something that
you deserve. There are many
approaches, and at least one
of them is bound to work for
you. In these pages, you'll
read about men and women
who: Put an hour for

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themselves on their daily to-
do lists Pursued long-delayed
sports, hobbies, or volunteer
work Discovered themselves
through travel, fitness, or
new careers Learned to ask
for help instead of doing it all

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Inspirational Stories Of Energy
Endurance And Endorphins
Jack Canfield

Started treating themselves
as well as they would treat a
guest Stopped seeing the
people who weren't making
them happy Rediscovered
the benefits of exercising
and being outside in nature

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Created their own personal
spaces in their homes or
outdoors Decluttered their
calendars or their
homes—and felt liberated
Find inspiration for change
and personal growth in each

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story as people in this dynamic community share their experiences of transformation, of lives reclaimed, of relationships renewed and futures full of promise.

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A follow-up to Chicken Soup for the Soul: Laughter Is the Best Medicine. Chicken Soup for the Soul shares the funniest stories from its library of more than 250 books, all gathered in this

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new collection of 101
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Chicken Soup for the
Teenage Soul

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101 Stories of Inspiration
and Support for Tweens

**A collection of 101 inspirational
Christmas stories includes tales
of holiday mishaps, family**

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reunions, the true meaning of
Christmas, and Christmas
miracles.

**Features inspirational stories
offering words of wisdom, hope,
and empowerment
Readers will be amused,**

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**comforted, and encouraged by
stories about “nutty” families
just like their own, and realize
we all have the same family
matters and what really matters
is families. A quirky and fun
holiday book and a great bridal**

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shower or wedding gift! Nearly everyone thinks their own family is “nutty” or at least has one or two nuts. With 101 stories of wacky yet lovable relatives, funny foibles, and holiday meltdowns, Chicken Soup for

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**the Soul: Family Matters is often
hilarious and occasionally
poignant.**

**When our loved ones leave this
world, our connection with them
does not end and we often
receive signs from the other**

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**side. These true and touching
stories of will amaze and
support all readers -- religious or
secular. The 101 true and
miraculous stories in this book
of signs and messages from
beyond show that death may**

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**take away the physical presence
of our loved ones, but not their
spirit. This book is for everyone,
religious or secular, as regular
people share their amazing
experiences with the other side.
Chicken Soup for the Soul: The**

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101 Inspirational Stories about
Counting Your Blessings and
Having a Positive Attitude
Chicken Soup for the Soul
Cookbook
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Celebrating and Sharing Our
Culture One Story at a Time
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101 Joyful Stories about the
Love, Fun, and Wonder of the**

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Holidays

Stories About Life, Death and

**Overcoming the Loss of a Loved
One**

"It's time for an antidote to all the
negativity! You'll find that in this
collection of 101 inspiring stories

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Inspirational Stories Of Energy
about what makes America great.

Endurance And Endorphins
Jack Canfield
From apple pie and baseball to our
military heroes and first responders,
from our vast and varied country to
our energy and spirit, these stories
will make you proud to be an
American! We live in a great

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Inspirational Stories Of Energy

country, but we can forget that
sometimes amid all the negativity

that surrounds us. Chicken Soup

for the Soul: The Spirit of America

will uplift and inspire you with its

true, personal stories about the

many different things that make this

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country great. This book will make
you proud to call America
home!,"--Amazon.com.

Whether it is at first sight, develops
over time with a close friend, or it
hits you like a ton of bricks--falling
in love is a lyrical life-changing

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event. Chicken Soup for the Soul®
Love Stories will transport you to
the moments of your life that were
filled with devotion and
unconditional love.

What makes you happy? Others
share how they found their passion,

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purpose, and joy in life in these 101
personal and exciting stories that
are sure to inspire and encourage
readers to find their own happiness.
Chicken Soup for the Soul: Find
Your Happiness will encourage
readers to pursue their dreams, find

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their passion and seek joy in their
life with its 101 personal and
inspiring stories. This book
continues Chicken Soup for the
Soul's focus on inspiration and
hope, reminding us that we all can
find our own happiness.

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A collection of 101 stories written by famous songwriters about the genesis of their hit songs and their personal stories, often never before told, about the lyrics for their award-winning hit songs.

Real Stories by Real Girls About

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Real Stuff
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and Joy
Chicken Soup for the Soul: Step
Outside Your Comfort Zone
Stories of First Dates, Soul Mates,

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and Everlasting Love
Endurance And Endorphins
Chicken Soup for the Preteen Soul
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101 Inspirational Stories of Hope,
Miracles and Answered Prayers
101 Positive, Practical, and
Powerful Stories about Making the
Best of a Bad Situation

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Stories of Courage, Compassion
and Creativity in the Workplace
Chicken Soup for the Entrepreneur's
Soul is a compilation of short stories
from entrepreneurs, both large and
small, who share their experiences of
success, failure and courage, with a
little helpful advice mixed in.

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Chicken Soup for the Soul 101 Stories
to Open the Heart and Rekindle the
Spirit Random House

The twentieth anniversary edition of the original Chicken Soup for the Soul is brimming with even more hope and inspiration—the stories you've always loved, plus bonus stories, plus 20

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bonus stories from today's thought
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Soup for the Soul continues to open
the heart and rekindle the spirit.

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with the classic book that inspired
millions—reinvigorated with bonus
stories of inspiration! You will find

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hope and inspiration in these 101
heartwarming stories about counting
your blessings, thinking positive, and
overcoming challenges.

The Chicken Soup for the Soul Stories
that Changed Your Lives
Stories of Life, Love and Learning
Chicken Soup for the African American

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Soul
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Chicken Soup for the Soul: All in the
Family
Jack Canfield