

Chicken Soup for the Soul



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Chicken Soup for the Soul: My Resolution gives you 101 great stories with practical ideas for today's times – for your mind, your body, and your wallet! Everyone makes resolutions – for New Year's, 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. Read 101 real stories from real people about their year-round resolutions to do with less and simplify their lives, go "green," lose weight, quit smoking, get fit -- sensibly, change careers and find new meaning in their lives, improve personal relationships, find more time for what's important, and many more practical, heartwarming, and humorous resolutions.

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标签

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评论

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