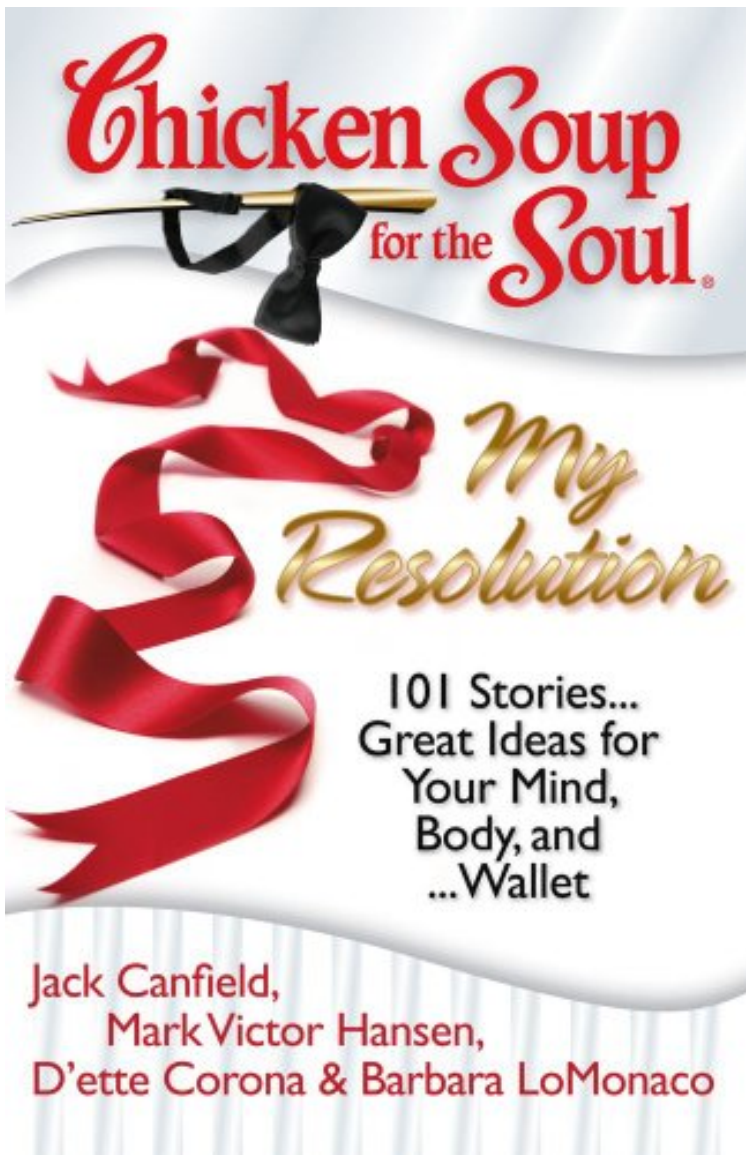


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Prsentation de l'diteurChicken Soup for the Soul: My Resolution is uplifting in its messages of self-acceptance, self-confidence, and self-awareness. It is a fun and inspirational book for the classic New Years resolution season and all year.Everyone 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. This

collection of great true stories covers topics such as losing weight, getting organized, stopping bad habits, restoring relationships, dealing with substance abuse, changing jobs, going green, and even today's hot topic -- dealing with the economic crisis. Presentation de l'auteur Chicken Soup for the Soul: My Resolution is uplifting in its messages of self-acceptance, self-confidence, and self-awareness. It is a fun and inspirational book for the classic New Years resolution season and all year. 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. This collection of great true stories covers topics such as losing weight, getting organized, stopping bad habits, restoring relationships, dealing with substance abuse, changing jobs, going green, and even today's hot topic -- dealing with the economic crisis. Biographie de l'auteur Jack Canfield is co-creator of the Chicken Soup for the Soul series, which includes forty New York Times bestsellers, and coauthor of The Success Principles: How to Get from Where You Are to Where You Want to Be. He is a leader in the field of personal transformation and peak performance and is currently CEO of the Canfield Training Group and Founder and Chairman of the Board of The Foundation for Self-Esteem. An internationally renowned corporate trainer and keynote speaker, he lives in Santa Barbara, California. Mark Victor Hansen is a co-founder of Chicken Soup for the Soul.