

Chicken Soup For The Soul Divorce And Recovery

“Me time” is the cure for 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 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 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-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” 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 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
- 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
- Created their own personal spaces in their homes or outdoors
- Decluttered their calendars or their homes—and felt liberated

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Readers mourning the loss of a loved one will find solace and strength in these 101 emotional and inspiration stories from those who have gone through the grieving process. *Chicken Soup for the Soul: Grieving and Recovery* will help readers during this difficult time. Everyone grieves in their own way. While the hurt and sadness never completely fade, it eases with time. Contributors who have gone through the grieving and recovery process share their stories, offering guidance and support in this collection of personal and poignant stories. With its stories of regaining strength, appreciating life, coping, and faith, *Chicken Soup for the Soul: Grieving and Recovery* will ease the journey to healing.

"It's time for an antidote to all the negativity! You'll find that in this collection of 101 inspiring stories about what makes America great. 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 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 country great. This book will make you proud to call America home!,"--Amazon.com.

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

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preteen is harder than it looks! School is more challenging, bodies 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 other preteens, just like them, about the problems and issues they face every day.

Today's kids face grave issues and harder decisions than ever before. Gang warfare, violence, drugs, alcohol, smoking, pregnancy, depression and suicide have found their way into middle and elementary schools. Divorce splits apart families every day. These issues make kids feel as if they must understand and accept all the troubles of the world.

The power of gratitude can change your life! In this collection of 101 inspiring stories, people just like you share how they turned their lives around by seeing the silver linings, counting their blessings, and changing their perspective. Get inspired to become a thankful person! Scientific research has proven that being thankful improves your health, your cognitive function and your relationships. And you can learn to be a thankful person! Chicken Soup for the Soul: The Power of Gratitude is full of true, inspiring stories by people who have changed their lives for the better by actively practicing gratitude, by saying thanks, and by stopping and thinking about their blessings, even on a bad day.

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

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just have to look to see them. These powerful stories will deepen your faith and give you hope that good 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 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 is a heartwarming collection of tales that will inspire you to live your dreams. The stories demonstrate the best qualities we share as human 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 series has touched the lives of millions of people worldwide. Discover how your life could be turned around too." --Publisher's description.

Now more than ever, the strong, independent, courageous voices of Black women are being heard loud and clear. They share their truth about life, love, family, faith and hope in these 101 personal stories and 12 powerful poems. The world is listening. Black women are speaking, for themselves and their families, and everyone is listening. This unique collection of stories is for readers of all colors, not just the Black community, as these contributors

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share their dreams, their triumphs and failures, and their lives, which have unique challenges and hardships that are not well understood by others. Readers of color will recognize their own struggles in these pages, and white readers will benefit from an inside view of Black life in America, Canada and beyond. These 101 stories and 12 poems, written by and for Black women, cover it all—from fierce to funny—about hopes and dreams, fears and realities, identity and self-discovery, family, children, even hair. Each one starts with a quote connecting you to a wellspring of wisdom from historical and contemporary Black women. “We are speaking now,” says Breena Clarke, coauthor of this book. “Because the moment is now, in this collection of first-person narratives. This is an opportunity to hear the often silenced voices of Black women, writing for you and because of you. These are stories of universal human experiences but also reflect the specificity of Black women’s lives in the United States, Canada and the Caribbean.” Everyone will benefit from this look into the culture, wisdom, and everyday reality of the Black experience, with 11 chapters, each starting with a powerful poem: • The Shoulders We Stand On • Where We Come From • Everyday Struggles • Stand Up, Speak Out • Raising Our Children • Family & Food for the Soul • Taking Care of Me • Sisters, Friends • Loving Black Men • Identity & Roots • Self-Discovery Chicken

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Soup for the Soul books are 100% made in the USA and 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 religions.

A collection of inspirational, original stories, each less than two pages long, treats such subjects as love, raising children, attitude, everyday heroes, and wisdom

This book is wisdom and solace for the ages. It is as contemporary as a space walk and as timeless as a pyramid. The world needs storytellers to help us make sense out of the confusion and chaos of these complex times. Jack and Mark are consummate tellers and collectors of real-life stories. What a gift: to teachers, to speechmakers, to anyone on his or her own journey of growth and healing. It's all here, and written with wit, compassion and integrity.

Sidney B.Simon, Professor Emeritus, University of Massachusetts, and co-author of Values Clarification, Forgiveness and 14 other books

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

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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: Older & Wiser focuses on the wonders of getting older. It holds the best 101 stories from Chicken Soup for the Soul's library for today's young seniors! You cross the magic sixty-year mark and still feel young at heart, despite a few new wrinkles. With many stories about dynamic older singles and couples finding new careers, new sports, new love, and new meaning in their lives, this book will inspire and amuse readers. Printed in a larger font.

This is Chicken Soup for the Soul's first book written just for Catholics, and it is sure to please all Catholics, from the once-a-year attendee at Christmas Mass, to the devout church volunteer and daily worshipper. These 101 poignant and spirit-filled stories written by Catholics of all ages and religious experiences cover the gamut, from fun stories of growing up Catholic to serious stories of sacraments and miracles. Affirming God's unconditional love, these stories share the role the Church plays in personal and professional lives, expressed in religious rituals and everyday activities. Catholics will be blessed to see how the secular is often saturated with the sacred. Whether the reader is a cradle Catholic or a convert; lay, clergy or religious; simply

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curious or struggling, these stories describe what it means to be a Catholic. They bring happiness, hope and healing to everyone, from the teenager celebrating confirmation to the elderly looking back on a long life. 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 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 Victor Hansen have become celebrity motivational speakers and authors.

Chicken Soup for the Soul: The Cancer Book delivers 101 powerful stories of courage, hope, support, and love to help cancer patients and their families. A bonus memoir by a cancer patient bound in, with intimate and helpful words of advice. A support group you can hold in your hand, this loving and inspirational collection of intimate stories, by cancer patients and their loved ones, medical professionals, clergy and friends, is a must-read for anyone affected by cancer. Writers share all their experiences – from the initial diagnosis, to breaking the news to loved ones, to discussing the effect on home, school and work, from securing a medical team to living through an ever changing self-image, from the embarrassment of losing hair to discovering

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a new spirituality. A bonus book, a no-holds-barred memoir by cancer patient Elizabeth Bayer, is bound into this volume, after the full-length Chicken Soup for the Soul book.

Chicken Soup for the Soul: Just for Teenagers supports and inspires teenagers as they grow up, reminding them they are not alone, as they read stories from teens just like themselves about the problems and issues they face every day. Teenage years are tough, but this book will help teens as they journey through the ups and downs of adolescence.

The stories in this book serve as a guide on topics from the daily pressures of life and school to love, friendships, parents, and much more. This collection will encourage, inspire, and amuse teens, showing that, as tough as things can get, they are not alone!

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 bonus stories from today's thought leaders. Twenty years later, Chicken Soup for the Soul continues to open the heart and rekindle the spirit.

Celebrate the twentieth anniversary with the classic book that inspired millions—reinvigorated with bonus stories of inspiration! You will find hope and inspiration in these 101 heartwarming stories about counting your blessings, thinking positive, and overcoming challenges.

Chicken Soup for the Veteran's Soul will inspire and touch any veterans and their families, and allow others to appreciate the freedom for which they fought.

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Certain to appeal to all parents-whether they are expecting or raising their first new addition, in-the-trenches veterans or empty-nesters- this delightful Chicken Soup book offers a collection of inspiring and entertaining stories that relate to the triumphs, tribulations, challenges and joys of raising a family. This first batch of Chicken Soup for Teens consists of 101 stories every 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 much more. Readers will be amused, 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 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 the Soul: Family Matters is often hilarious and occasionally poignant.

We're all stronger than we think, and we often discover our inner strength and resilience when a problem arises. The 101 empowering stories in this collection will inspire and encourage you to overcome your own challenges. There's nothing like real stories from real people to inspire you. These empowering and uplifting stories by people who have overcome challenges, solved problems, or changed their lives will help you find your own inner strength, resilience, and remind you to think

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positive, count your blessings, and use the power that you have within you.

Chicken Soup for the Soul's first-ever humor collection, and the timing is perfect. This is storytelling at its funniest. If laughter is the best medicine, then this book is your prescription. Turn off the news and spend a few days not following current events. Instead, return to the basics—humanity's ability to laugh at itself. Maybe you should even do a news cleanse for a few days! Hide under the covers and read these stories instead. Or read a chapter a day, or a story a day for 101 days. These pages contain the antidote to whatever is troubling you. They will definitely put you in a good mood. No one is safe from our writers—from spouses to parents to children to colleagues and friends. And of course the funniest of all are the stories they tell about their own mishaps and those “most embarrassing moments.” There's no holding anything back in these pages, so prepare for lots of good, clean (and not so clean) fun. 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. 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, and enjoying the magic of the season.

Christian women who make God and family a priority

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in their life will love *Chicken Soup for the Christian Woman's Soul*, an affirming collection of stories that share the miracles that are possible when their hearts are open to God.

A collection of 101 inspirational Christmas stories includes tales of holiday mishaps, family reunions, the true meaning of Christmas, and Christmas miracles.

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 process.

Self-esteem, tolerance, values, and inner strength – these are gifts that will last children a lifetime. This book is filled with inspirational stories for children and their families to share, all about kids making good decisions, doing the right thing, and being kind. This collection shows kids positive role models to follow in its stories about making good choices, having confidence, and doing the right thing. Parents and grandparents will enjoy discussing the stories with children, making it a family event. Great for teachers to share with students, too. This book harnesses the power of storytelling to inspire and teach kids, while also entertaining them. Key issues such as bullying, tolerance, and values are addressed in stories selected from *Chicken Soup for the Soul's* vast library and represent the best on

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these topics from the company's 22-year history. This book is a joint project of Chicken Soup for the Soul and The Boniuk Foundation, which are working together to promote tolerance, respect, and compassion, inspiring young people and adults to embrace their differences, reject stereotypes, and make good choices. It's part of a larger effort that includes additional books for teens, college students, parents, and grandparents, as well as a family television show every Saturday morning starting in October.

Most American heroes aren't in our history books, nor do they have monuments erected in their honor. Their names aren't in the headline news or memorialized in song. The true hero is simply someone who makes a difference-large or small-in the lives of others.

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 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 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 new empty

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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 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 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 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 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 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 Victor Hansen have become celebrity motivational speakers and authors.

A "Chicken Soup for the Soul Short" containing 20 stories from Chicken Soup for the Soul: Count Your Blessings. Real stories from real people show you

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how to use the power of gratitude and change your perspective through life's ups and downs. You'll be inspired and invigorated by these stories of gratitude, fortitude, resilience, and silver linings. They will serve as a reminder of the many blessings in your life and that each day holds something to be thankful for. You'll see how life can be transformed just by practicing thankfulness and being mindful.

Whether single, separated or someone's spouse, everyone wants to find and keep this elusive thing called love. Bestselling author and foremost relationship expert Barbara De Angelis teams up as a co-author of *Chicken Soup for the Couple's Soul*, a collection of heartwarming stories about how real people discovered true love with the person of their dreams.

You are unique —and that is your superpower. In these 101 stories of affirmation, determination and female empowerment, you'll find role models and advice to help you make the most of that power. This book takes you on a journey to find your own truth. Whether you're 18 or 80, you'll find your power in these stories from women who unselfishly share their personal lives with you—their successes and their failures, their insecurities and their epiphanies. You'll learn how they became comfortable in their own skins, found their identities, and set their goals—all while still being themselves. These stories were curated from thousands of submissions, to both

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entertain you and inspire you to be the best version of a unique person—you. Read about women who:

- Spent time alone to rediscover themselves
- Followed their passions and dreams in business, the arts, and sports
- Mentored the girls and women coming up behind them
- Prepared themselves to find love with the right mate
- Juggled and came to grips with not really “having it all”
- Spoke out against sexual harassment and discrimination
- Made a new habit of stepping outside their comfort zones
- Found their resilience and strength after death and divorce
- Learned to build self-care and “me time” into their routines
- Broke new ground in traditionally male careers

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

Chicken Soup for the Soul 20th Anniversary Edition
All Your Favorite Original Stories Plus 20 Bonus Stories for the Next 20 Years
Simon and Schuster

Features inspirational stories offering words of wisdom, hope, and empowerment

Chicken Soup for the Soul: Grandmothers celebrates the special bond between grandmothers and their

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grandchildren. Grandmothers of all ages and experience will delight in these stories. A great grandmother-to-be and Mother's Day gift! The moment a grandchild is born, a grandmother is born too. This collection is full of stories by grandmothers about being a grandmother, and grandchildren about their grandmothers. Personal stories about legacies and traditions, grandma's wisdom and lessons from grandchildren as well as the joys and challenges of grandparenting, will touch the heart and tickle the funny bone of all grandmothers.

Everyone loves a good miracle story and these 101 true stories of healing, divine intervention, and answered prayers will inspire Christians and renew their faith. These 101 true stories of healing, divine intervention, and answered prayers prove that God is alive and very active in the world today, working miracles on our behalf. Regular people share their personal stories of God's Divine intervention and healing power as He makes the impossible possible! Evidence of His love and involvement in our lives will encourage, uplift, and recharge the faith of Catholic and all Christian readers.

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 new collection of 101 humorous tales.

A collection of 101 stories written by famous

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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.

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