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## Why You Should Put “Me Time” at the Top of Your To-Do List

*New Chicken Soup for the Soul collection shares 101 stories about self-care and life balance*

**COS COB, Conn.** – “If there’s anything we’ve learned during this pandemic, it’s that life is unpredictable and nothing is guaranteed. You’ve got to live it with joy while you can. And you’ve got to spend as much time as possible with your favorite people while you can, devoting those hours to the people who mean the most to you and add the most value to your life.” That’s how Amy Newmark, editor-in-chief and publisher of Chicken Soup for the Soul, starts this new collection of inspirational stories that will show you how to put self-care and “me time” at the very top of your to-do list.

If you don’t keep your own life in balance, you won’t be as effective for the people and jobs you care about either. That’s why Chicken Soup for the Soul has created this new collection of stories, for the first time in its 27-year history focusing on the value of making “me time” and prioritizing self-care. *Chicken Soup for the Soul: Making Me Time* (February 16, 2021, 978-1-611590746, \$14.95) shows readers how to do it, whether that means exercising, reading, meditating, seeing friends, communing with nature, or a host of other methods that all have the same result: making people happier, less stressed, and healthier.

“Me time” is different for everyone. Whatever your psyche needs is your form of me time and that’s something that we all deserve. There are many approaches; this book introduces readers to people who’ve succeeded by:

- Putting an hour for themselves on their daily to-do lists
- Pursuing long-delayed sports, hobbies, or volunteer work
- Discovering themselves through travel, sports, or new careers
- Learning to ask for help with chores
- Treating themselves as well as they would treat a guest
- Not spending time with the people who weren’t making them happy
- Rediscovering the benefits of exercising and being outside in nature
- Creating their own personal spaces in their homes or outdoors
- Decluttering their calendars and their homes

All the contributors to this book experienced huge changes in their lives after prioritizing self-care. That’s why, in today’s troubled times, this book is so relevant. After, all, this pandemic is going to leave a legacy, not just of loss and economic problems, but of renewed focus on what matters, including being kind to ourselves and making that very necessary “me time.” These stories will help readers and their loved ones get back on the right track this year and in the future.

### ABOUT CHICKEN SOUP FOR THE SOUL

Chicken Soup for the Soul publishes the famous *Chicken Soup for the Soul* book series. With well over 100 million books sold to date in the U.S. and Canada, more than 250 titles, and translations into more than 40 languages, the phrase “chicken soup for the soul” is known worldwide and is regularly referenced in pop culture. Today, 27 years after it first began sharing happiness, inspiration and hope through its books, this socially conscious company continues to publish a new title a month. It has also evolved beyond the bookstore, with a podcast, education programs, dog and cat food, licensed products, and video, television and movies through its subsidiary, Chicken Soup for the Soul Entertainment.

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**For a review copy of *Chicken Soup for the Soul: Making Me Time* or an interview with Amy Newmark or one of the contributors, please contact Shelby Janner at (512) 638-6379 or [shelby@zilkermedia.com](mailto:shelby@zilkermedia.com).**