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This year's resolutions reflect troubled economic times

Chicken Soup for the Soul inspires and supports readers with all their resolutions

COS COB, Conn. – There's no doubt 2008 was one of the most trying years in recent history. Millions of Americans lost jobs, homes, retirement funds, cars and sleep. And according to a January 2009 story in the *Seattle Post Intelligencer*, more than half of couples nationwide are reporting relationship stress due to economic factors. With our finances, relationships, and collective well-being on the downside, what could possibly compel us to view 2009 with hope and optimism?

Chicken Soup for the Soul: My Resolution (Chicken Soup for the Soul Publishing, LLC, December 2008, 978-1-935096-28-3, \$14.95) is here to help. Inside, Jack Canfield, Mark Victor Hansen, D'ette Corona, Barbara LoMonaco, and many others offer an inside look at real people who have found financial peace by simplifying their lives, paying off debt, even downsizing their homes. Many others have found new environmental resolve by going green with their families, while countless individuals have gotten into shape and kicked bad health habits.

Contributor Kristine Byron is one of the many Americans this year who developed a plan to salvage her finances. "During this troubled time in our economy, many of us have made resolutions to save," writes Byron in her story "Spend, Spend, Spend." "I have found that in making a resolution to save, I have made the process more fun by deciding to 'spend.' As I have pledged to save on lavish meals dining out, I have voted to 'spend' more time entertaining at home. By planning carefully thought-out menus and inviting special friends to share with us, we are able to 'spend' quality time with loved ones."

In addition, contributor Ashley Sanders discusses her family's decision to go green in her story "I'm Not a Dirty Hippie." "I remember the first time I mentioned to my husband that I wanted to 'go green' – or, at least 'greener,'" she writes. "It took a while before my husband would even enter a health food store...it wasn't until our visit to a Whole Foods store that he began to see this new endeavor in a more positive light. Eventually, what originally began as a mission to protect our daughter became a journey to improve our own lives. And it did, more than we could have ever imagined."

In *Chicken Soup for the Soul: My Resolution*, you'll also read about:

- How story contributors like Joe Rector paid off debt – and how you can, too
- How Tina Wagner Mattern got her whole family on-board with eating healthy, one free-range chicken at a time
- How Barbara Curtis simplified her life by ditching excess clothes, knickknacks, even diets – and lost 90 pounds
- How single mom Rebecca Jay taught her son about saving money by inventing a grocery cart game
- How Gail Small resolved to visit all seven continents – and did – renewing her commitment to save the earth
- Real people who have resolved to express gratitude, even in the face of personal struggle

Chicken Soup for the Soul: My Resolution (Jack Canfield, Mark Victor Hansen, D'ette Corona and Barbara LoMonaco) released December 2008. Chicken Soup for the Soul Publishing, LLC, publishes all the latest titles in the famous Chicken Soup for the Soul book series, which are distributed through Simon and Schuster, Inc. Since 1993, books in the Chicken Soup for the Soul series have sold more than 112 million copies, with titles translated into more than 40 languages. Chicken Soup for the Soul Publishing also licenses the right to use its famous trademark to high quality licensees through IMG, the world's premier licensing agent. The company is currently implementing a plan to expand into all media, is working with TV networks on several TV shows and is developing a major Internet presence dedicated to life improvement, emotional support and inspiration. In 2007, *USA Today* named *Chicken Soup for the Soul* one of the five most memorable and impactful books in the last quarter century. For more information visit: www.chickensoup.com.

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To schedule an interview, or to receive a review copy of *Chicken Soup for the Soul: My Resolution*, please contact Rusty Shelton at (512) 785-4469 or rusty@sheltoninteractive.com.