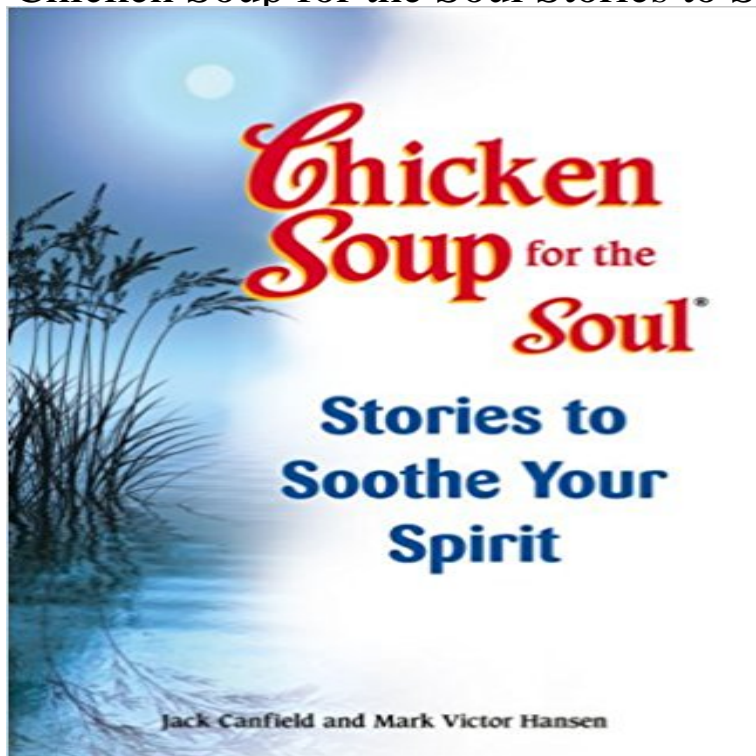


## Chicken Soup for the Soul Stories to Soothe Your Spirit



Forty-seven percent of American adults report having a high level of stress in their lives, and oftentimes its difficult amidst a hectic lifestyle to slow down, unwind, and relax at the end of the day. Chicken Soup for the Soul Bedtime Stories for Adults will be just the book to keep on a night table to help busy people unwind and look forward to the next day with peace of mind. The stories that were selected specifically for this bedtime collection are all uplifting and positive, conveying a sense of solace, security and optimism about the world. Chapters include: On Love, On Teaching and Learning, Live Your Dream, A Matter of Perspective, A Matter of Attitude, and On Giving.

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