



Chicken Soup for the Soul: Time to Thrive: 101 Inspiring Stories about Growth, Wisdom, and Dreams

Amy Newmark, Loren Slocum Lahav

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These 101 amazing and inspiring stories about growth, wisdom, and dreams will show you how to thrive — a road map to living the best life you can make for yourself!

It's your time to thrive — and these stories show you how! You'll learn how to take charge of your life, make time for what's important, and do what's right for you! These stories, from regular people who have taken control of their lives, show you how to do it yourself. Find new purpose, try new things, and take care of yourself, all while improving your relationships with family, friends, and co-workers.

You'll read chapters about:

- Making your own needs important again
- Carving out time for work–life balance
- Thriving on your own path
- Reinventing yourself
- Embracing adventure
- Pursuing your dreams
- Making time for relationships
- Taking time for your passions
- Learning how to say no
- And learning how to say yes to the things that will make you thrive!

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Kathleen Jones:

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