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A More Productive Approach to New Year's Resolutions

A new Chicken Soup for the Soul book helps you break bad habits, adopt new ones

COS COB, Conn. – At this time of year, people are focusing on making changes in their lives. But how? They probably have some bad habits they'd like to break, and some good habits they'd like to adopt. But their past experiences with New Year's resolutions may be discouraging.

A new Chicken Soup for the Soul collection brings together the wisdom of 100 people who've been there too—feeling stuck, overwhelmed, or unsure where to begin. Through their personal stories and practical strategies, *Chicken Soup for the Soul: Change Your Habits, Change Your Life* (January 6, 2026, 978-1-611591286, \$16.99) teaches readers how to implement consistent habit changes, whether big or small, that can lead to powerful transformation.

Chicken Soup for the Soul has been publishing its books since 1993, but this is the first time it has specifically focused on helping readers implement new habits to improve their lives. With 101 different ideas that have worked, readers are bound to find approaches and new habits that will resonate for them.

“We saw the excitement surrounding other books about forming new habits and breaking old ones, and we realized we've been publishing stories about that throughout our history. We decided to reach out to the public for their best stories about how they changed their own habits, and we received thousands of submissions,” says Amy Newmark, editor-in-chief and publisher of the *Chicken Soup for the Soul* series. “It took us months to read all the stories and narrow them down to these 101, and we're excited about the variety of big and small ideas we are presenting to our readers. We know that everyone is busy, so we love the fact that people can read a story in just five minutes and then continue with their days. Some of our fans read one story every night before they go to sleep, an example of another good habit!”

The stories cover the most common resolutions, such as getting fit, losing weight, quitting smoking, and getting organized, but they also cover time management, improving relationships, engaging in self-care, and learning how to stress less. They also cover some basic success tips for how to make any type of resolution more likely to succeed, such as Newmark's own story about finding an accountability partner to report to as she acted on her own resolutions last year. She also shares a story about the ultimate in time management, reporting on all the things she discovered she could do in just 60 seconds, including numerous tasks that fell by the wayside due to a bad habit that needed to be broken — procrastination.

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 300 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, 33 years after it first began sharing happiness, inspiration and hope through its books, this iconic storyteller 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 the Chicken Soup for the Soul streaming service.

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