

Bestsellers: Self-Improvement, November 21, 2015

Last updated Friday, Nov. 20, 2015 12:05PM EST

The Bestsellers Lists are compiled by The Globe and Mail from information provided by BookNet Canada's national sales tracking service, BNC SalesData.

Title	Contributor	ISBN	Publisher
Do Big Small Things	Bruce Tip Poon	9781443446945	HarperCollins Publishers
Chicken Soup For The Soul: : Merry Christmas!: 101 Joyous Holiday Stories	Amy Newmark, foreword by Santa Claus	9781611599534	Chicken Soup for the Soul Publishing, LLC
Chicken Soup For The Soul: Think Possible: 101 Stories About Using A Positive Attitude To Improve Your Life	Amy Newmark and Deborah Norville	9781611599527	Chicken Soup for the Soul Publishing, LLC
Lifelines: Unlock The Secrets Of Your Telomeres For A Longer, Healthier Life	Elaine Chin	9781927958407	Figure 1 Publishing
The 20/20 Diet: Turn Your Weight Loss Vision Into Reality	Phil McGraw	9781939457318	Bird Street Books
Big Magic: Creative Living Beyond Fear	Elizabeth Gilbert	9781594634710	Penguin Publishing Group
O's Little Guide to Finding Your True Purpose	O, The Oprah Magazine Editors	9781250068583	Flatiron Books [NY, USA]
How To Win Friends & Influence People	Dale Carnegie	9780671027032	Gallery Books
Brave Enough	Cheryl Strayed	9780345810878	Knopf Canada
The Gifts Of Imperfection: Let Go Of Who You Think You're Supposed To Be And Embrace Who You Are	Brené Brown	9781592858491	Hazelden