

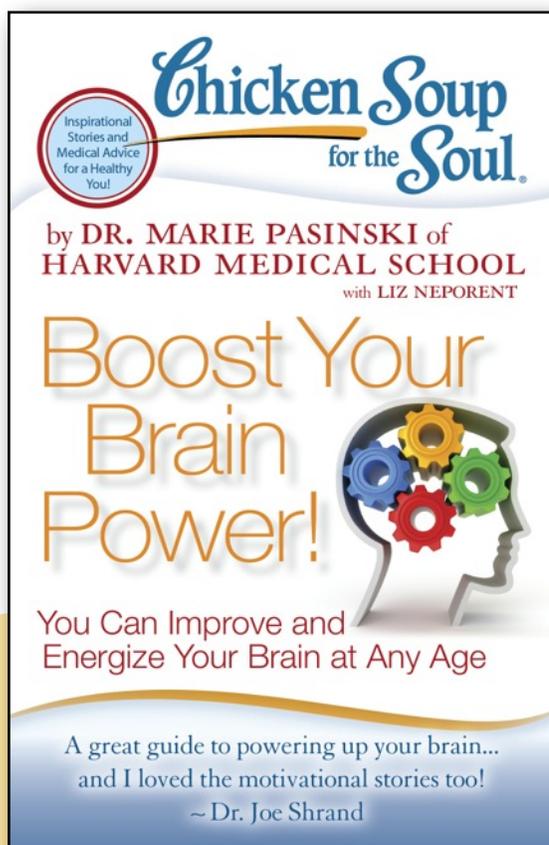
Published:
5/22/2012

Chicken Soup for the Soul: Boost Your Brain Power!

You Can Improve and Energize Your Brain at Any Age
Dr. Marie Pasinski with Liz Neporent

Inspiring Chicken Soup for the Soul stories and accessible leading-edge medical information from Dr. Marie Pasinski of Harvard Medical School. Many people would like to enhance their brainpower and are looking for help to do just that. Others are retraining their brains after traumatic injuries or strokes. Others are looking for ways to keep their brains young and dynamic. This book will fascinate you with stories and useful information on how to improve your own brain.

Print book ISBN: 9781935096863
eBook ISBN: 9781611592108



Published:
9/4/2012

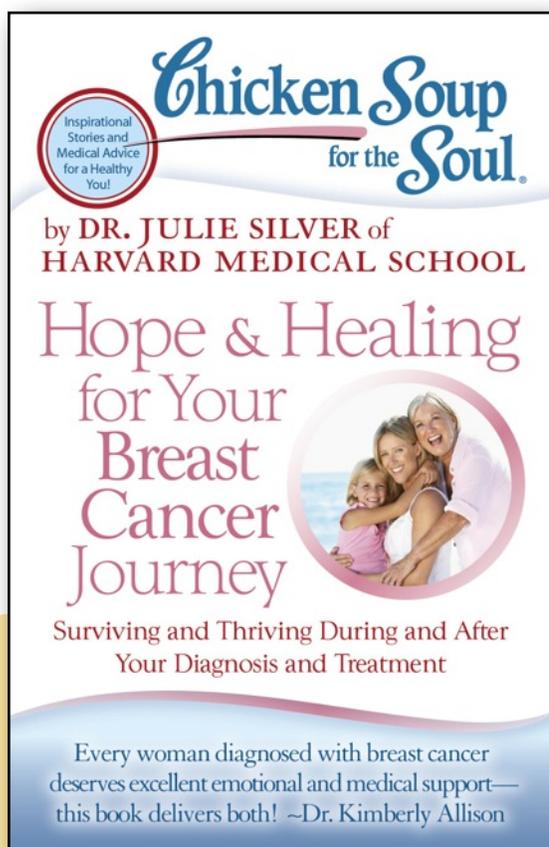
Chicken Soup for the Soul: Hope & Healing for Your Breast Cancer Journey

Surviving and Thriving During and After Your Diagnosis and Treatment

Dr. Julie Silver

Inspiring Chicken Soup for the Soul stories and accessible leading-edge medical information from Dr. Julie Silver of Harvard Medical School. The stories in this book from women with breast cancer and their family members, along with the up-to-date medical information provided, will give you inspiration, strength and hope. This book will educate and comfort you and will serve as a support group from diagnosis through treatment to rehabilitation and recovery.

Print book ISBN: 9781935096948
eBook ISBN: 9781611592115



Published:
4/22/2014

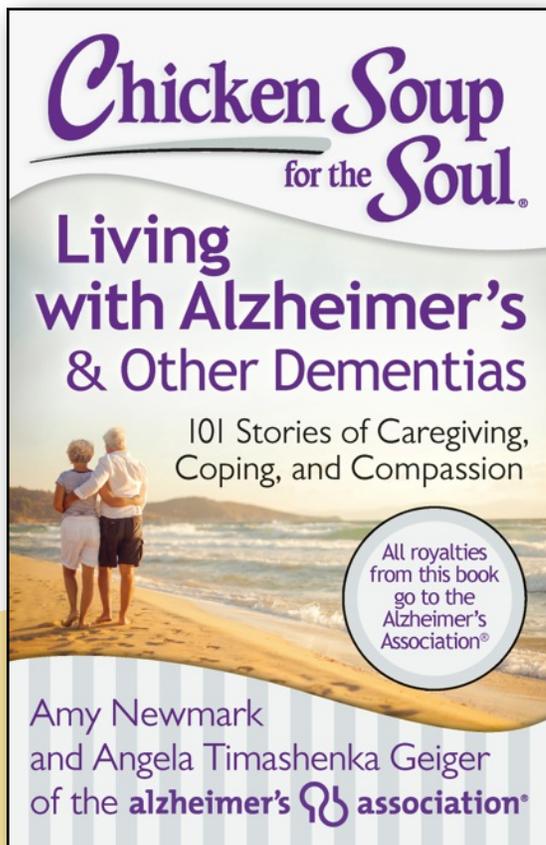
Chicken Soup for the Soul: Living with Alzheimer's & Other Dementias

101 Stories of Caregiving, Coping, and Compassion

Amy Newmark and Angela Timashenka Geiger

Caring for a loved one with Alzheimer's or dementia is difficult but you will feel less alone when you read these stories by caregivers, and by people in the early stages of Alzheimer's about what they are going through. This collection of 101 stories, a joint project with the Alzheimer's Association, is filled with love, lessons and inspiration. This book will be a source of support and encouragement throughout your caregiving journey.

Print book ISBN: 9781611599343
eBook ISBN: 9781611592351



Published:
4/2/2013

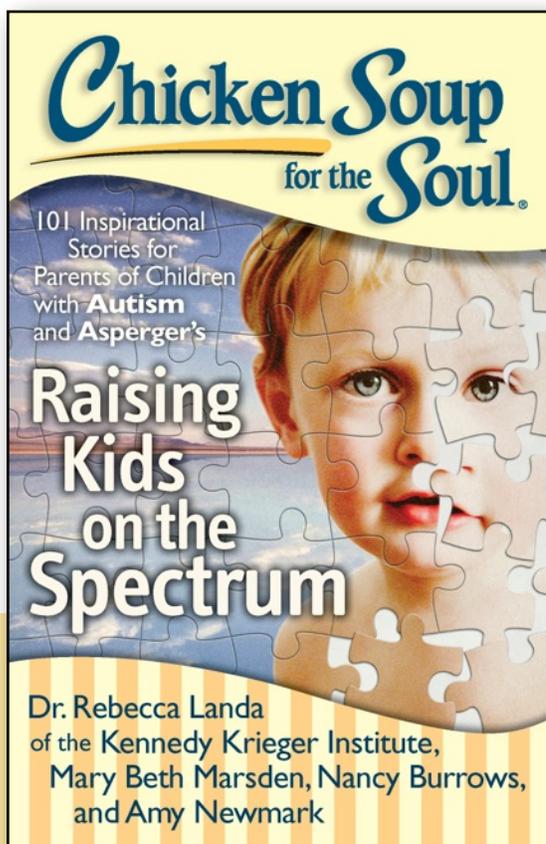
Chicken Soup for the Soul: Raising Kids on the Spectrum

101 Inspirational Stories for Parents of Children with
Autism and Asperger's

Dr. Rebecca Landa, Mary Beth Marsden,
Nancy Burrows, and Amy Newmark

If you are the parent of a child – from newborn to college age – with autism or Asperger's, you will find support, advice, and insight in this collection. With its 101 stories from other parents and experts, this book will comfort, encourage, and uplift you. Stories cover everything from the serious side and the challenges, to the lighter side and the positives, of raising a special child on the autism spectrum.

Print book ISBN: 9781611599084
eBook ISBN: 9781611592221



Published:
6/24/2014

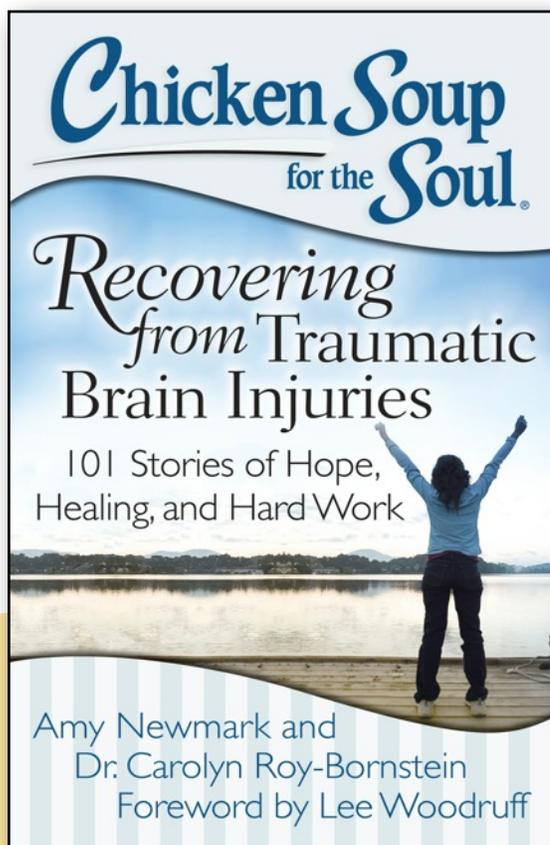
Chicken Soup for the Soul: Recovering from Traumatic Brain Injuries

101 Stories of Hope, Healing, and Hard Work

Amy Newmark and Dr. Carolyn Roy-Bornstein;
Foreword by Lee Woodruff

Did you know a traumatic brain injury occurs every 18.5 seconds in this country? TBIs occur due to accidents and sports, and are also common in returning soldiers. Chances are you, or someone you know, has been touched in some way by this experience. The personal stories in this book, by TBI survivors and those who love and support them, will help and encourage you and your family on the road to recovery.

Print book ISBN: 9781611599381
eBook ISBN: 9781611592399



Published:
5/22/2012

Chicken Soup for the Soul: Say Goodbye to Back Pain!

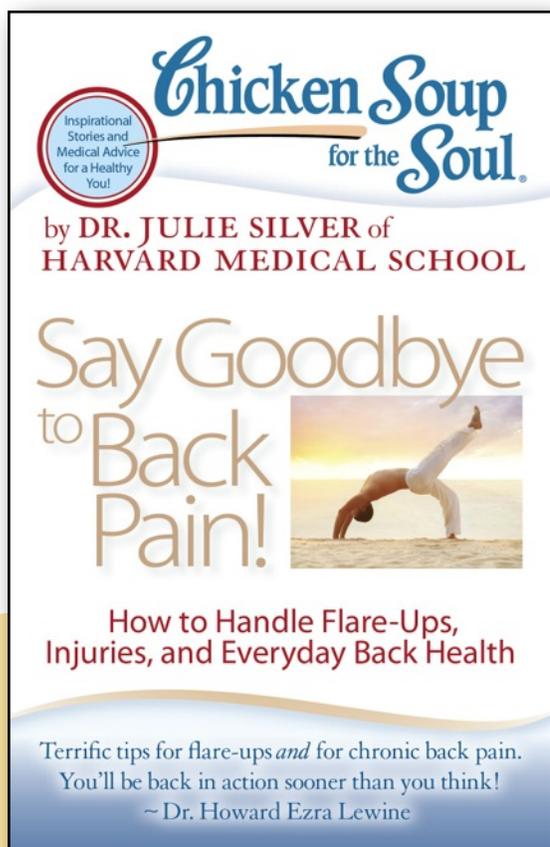
How to Handle Flare-Ups, Injuries,
and Everyday Back Health

Dr. Julie Silver

Inspiring Chicken Soup for the Soul stories and accessible leading-edge medical information from Dr. Julie Silver of Harvard Medical School. Many people suffer from back pain.

The lucky ones have occasional flare-ups and the unlucky ones have chronic issues. This book is filled with great advice on how to care for your back, recover from injuries, improve your mobility, handle pain, manage chronic problems, and maintain a positive attitude.

Print book ISBN: 9781935096870
eBook ISBN: 9781611592085



Published:
5/22/2012

Chicken Soup for the Soul: Say Goodbye to Stress

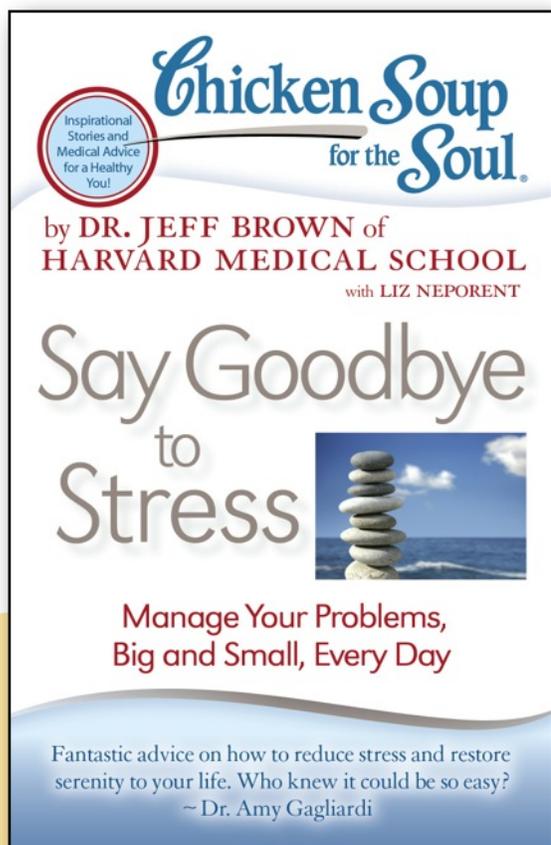
Manage Your Problems, Big and Small, Every Day

Dr. Jeff Brown with Liz Neporent

Inspiring Chicken Soup for the Soul stories and accessible leading-edge medical information from Dr. Jeff Brown of Harvard Medical School. We all have stress in our lives. What differentiates us is how we handle it. The combination of these stories, from people who have learned how to manage stress, and Dr. Brown's practical advice, will have you wondering what you were worried about! Who knew there were so many easy ways to manage your stress?

Print book ISBN: 9781935096887

eBook ISBN: 9781611592092



Published:
5/22/2012

Chicken Soup for the Soul: Say Hello to a Better Body!

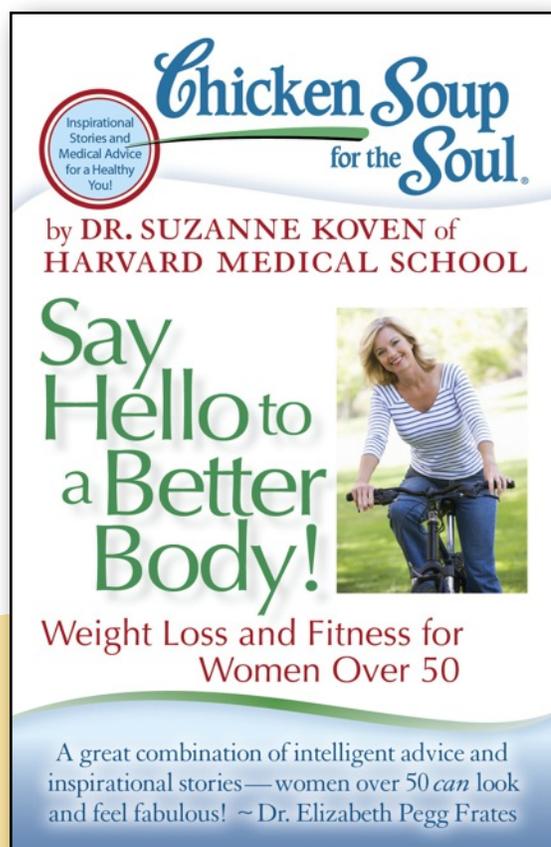
Weight Loss and Fitness for Women Over 50

Dr. Suzanne Koven

Inspiring Chicken Soup for the Soul stories and accessible leading-edge medical information from Dr. Suzanne Koven of Harvard Medical School. Women over 50 fight menopause, creaky joints, busy lives, and other factors that interfere with their quests for weight control and fitness. These advice-filled stories from women over 50 who have figured out how to get fit are combined with Dr. Koven's practical advice and medical information. You won't have any more excuses!

Print book ISBN: 9781935096894

eBook ISBN: 9781611592122



Published:
12/28/2010

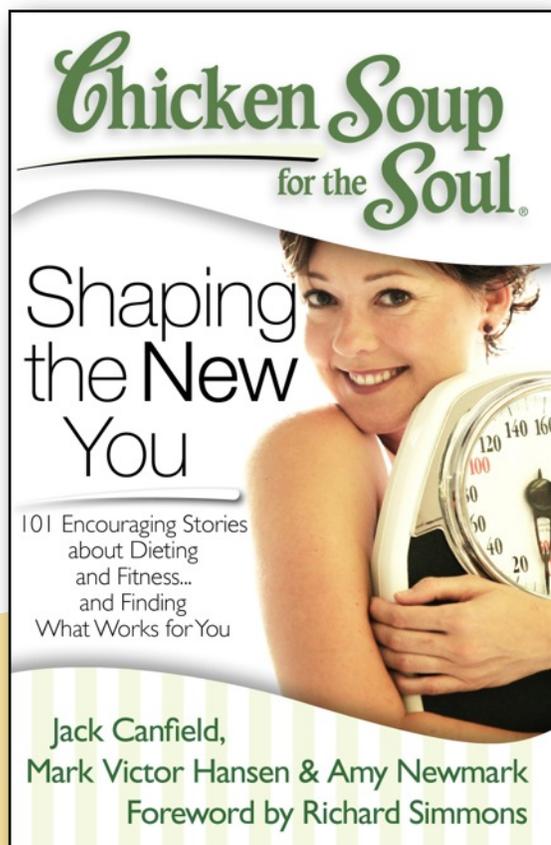
Chicken Soup for the Soul: Shaping the New You

101 Encouraging Stories about Dieting and Fitness... and
Finding What Works for You

Jack Canfield, Mark Victor Hansen & Amy Newmark;
Foreword by Richard Simmons

No one likes to diet, but this book will encourage and inspire you with its positive, practical, and purposeful stories of dieting and fitness. You will find hope, help, and hints on getting fit and staying healthy in these 101 stories from those who have been there, done that, and maintained it. Stories about wake-up calls and realizations, moving more and eating better, self-esteem and support, make this a great book for anyone starting fresh or needing a boost.

Print book ISBN: 9781935096573
eBook ISBN: 9781611591620



Published:
3/3/2009

Chicken Soup for the Soul: The Cancer Book

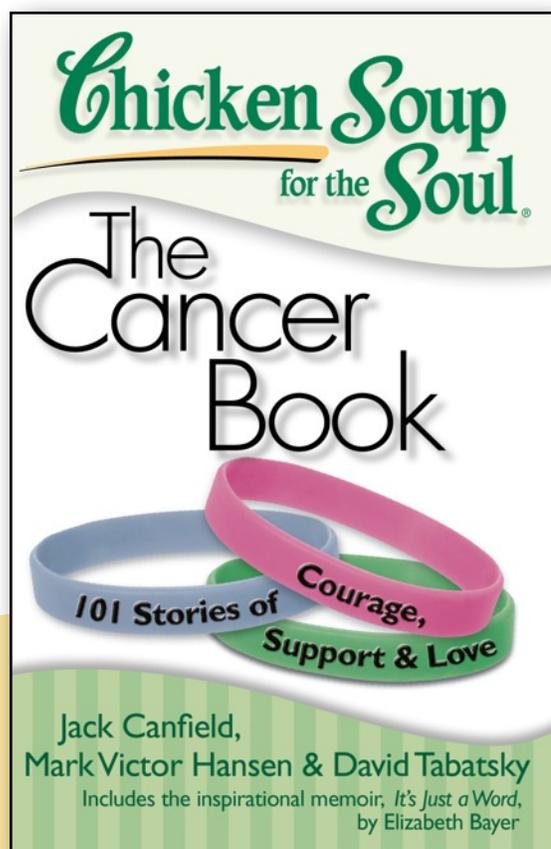
101 Stories of Courage, Support & Love

Jack Canfield, Mark Victor Hansen & David Tabatsky

A support group you can hold in your hands, these intimate stories by cancer patients, their loved ones, and medical professionals are a must-read for anyone affected by cancer.

Writers share everything — from the diagnosis, to telling loved ones, to the effect on everyday life. Stories also cover securing a medical team, living through a changing self-image, and discovering a new spirituality. A bonus book — an inspirational and frank memoir — is bound into this volume.

Print book ISBN: 9781935096306
eBook ISBN: 9781611591637



Published:
9/4/2012

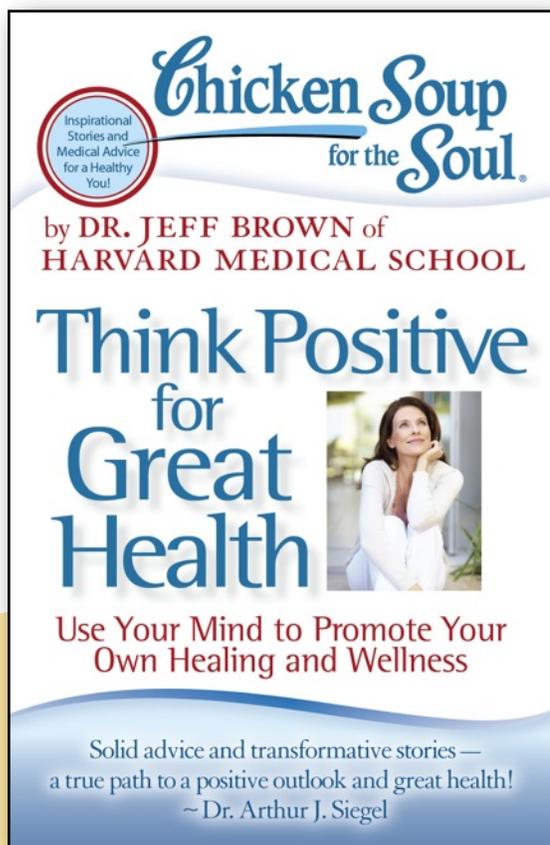
Chicken Soup for the Soul: Think Positive for Great Health

Use Your Mind to Promote Your Own
Healing and Wellness

Dr. Jeff Brown

Inspiring Chicken Soup for the Soul stories and accessible leading-edge medical information from Dr. Jeff Brown of Harvard Medical School. Dr. Brown unlocks the mysteries of the mind/body connection and shows you how you can feel better and really be better by using your mind and thinking positively.

The great stories will show you how other people have used positive thinking to affect their physical and mental well-being.



Print book ISBN: 9781935096900
eBook ISBN: 97816115922139