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The most wonderful time of the year finds new reason for cheer *Christmas stories bring joy to the season*

COS COB, Conn. - There'll be much mistltoeing, and hearts will be glowing, when love ones are near: It's the most wonderful time of the year. But, for many, the thought of holiday plans, Christmas shopping and family coming to town can bring anxiety and stress turning this most wonderful time into one big humbug. In fact, according to the Mayo Clinic, family, finances and physical demands are the leading triggers for holiday depression.

Chicken Soup for the Soul: Christmas Cheer (Chicken Soup for the Soul, October 2008, \$14.95, paperback), offers inspirational stories that keep stress around the season in perspective and warm the soul. In addition, it is part of the new "101 Best Stories" series by the new publisher of Chicken Soup for the Soul® books. With refreshed cover designs and interior layouts, books in the "101 Best Stories" series offer the Editor's favorite tales and poems submitted in the 15-year history of Chicken Soup for the Soul®, reflecting the brand's excitement and energy on this memorable anniversary.

With topical sections ranging from "The True Meaning of Christmas" to "Holiday Humor," *Chicken Soup for the Soul: Christmas Cheer* shares tales of real-life people experiencing the miraculous and heart-felt generosity of the Christmas season. True to the spirit of Christmas, these stories inspire readers to think about others and share some Christmas cheer.

In just one of many moving, true-life stories in this collection, Joseph J. Gurneak shares how his mom made him resentfully shovel the snow for a widowed neighbor and how her gift of cookies taught him about the meaning of Christmas. Years later, "I decided to keep the can to remind myself of what I had figured out so many years ago, about the true meaning of Christmas." To Gurneak's surprise, Mrs. Bergensen had left him more than cookies. "I opened the yellowed envelope to find a twenty-dollar bill ... a gift to me, with love, from Mrs. Bergensen ... the cheapskate."

Inside *Christmas Cheer*, readers will also read about:

- The heart-warming story of a Christmas-mall elf whose act of generosity inspired a chain of giving
- Rita Hampton's Christmas angel who paid frequent visits the Christmas after her son's death
- How a doll meant for Alice Ferguson's mom arrived 57 years late but fulfilled a life-long dream
- How Ron's wife's stint with cancer propelled him to throw a Christmas wedding

Chicken Soup for the Soul: Christmas Cheer (Jack Canfield, Mark Victor Hansen and Amy Newmark) released October 2008. Chicken Soup for the Soul Publishing, LLC, publishes all the latest titles in the famous Chicken Soup for the Soul book series which are distributed through Simon and Schuster, Inc. Since 1993, books in the Chicken Soup for the Soul series have sold over 112 million copies, with titles translated into over 40 languages. Chicken Soup for the Soul Publishing also licenses the right to use its famous trademark to high quality licensees through IMG, the world's premier licensing agent. The company is currently implementing a plan to expand into all media, is working with TV networks on several TV shows and is developing a major Internet presence dedicated to life improvement, emotional support and inspiration. In 2007, *USA Today* named *Chicken Soup for the Soul* one of the five most memorable and impactful books in the last quarter century. For more information visit: www.chickensoup.com.

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To receive a review copy of *Chicken Soup for the Soul: Christmas Cheer*, or to schedule an interview with one of the co-authors, please contact Rusty Shelton at (512) 785-4469 or rusty@sheltoninteractive.com.