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Empty nesters: Goodbye children, hello free time?

Chicken Soup for the Soul offers tales of clean kitchens, new hobbies and more from empty nesters

COS COB, Conn. – The stereotypical “empty nester” is lonely, bored, and constantly watching old home videos of their kids, right? Wrong: According to a study published earlier this year in the Journal of Family Issues, the so-called “empty nest syndrome” does not, in fact, match the widely held notion of parents bereft by separation from their grown children. Far from it – when grown children move on, today’s parents use their new free time to develop new hobbies, rekindle their marriages, and travel to places they’ve always wanted to see.

As the mother of four married children, author Carol McAdoo Rehme is well familiar with the empty nest experience. Patricia Cena Evans, a professional midwife and women’s mentor, is a fellow empty nester. Together, they are the co-authors of *Chicken Soup for the Soul: Empty Nesters* (Chicken Soup for the Soul, October 2008, 978-1-935096-22-1, \$14.95), a collection of 101 stories from empty nesters who are surviving – and thriving – after their last child moves away.

“As a nurse practitioner/midwife, I’d dealt with my share of patients who wore long faces when their kids left home. And I didn’t get it. Why was everyone so sad? I would be elated to see my five heading out the door,” writes Evans in her story “Five O’Clock Shadow.” Loneliness hit her however, during a solo shopping trip at the mall – after her last child moved away.

“For the first time, I really got it. I understood the melancholy ache, the emptiness my patients had confided to me. Suddenly, I felt less calloused and more understanding. And – like I’d advised so many patients – I knew I needed to take a lesson from my fledglings and rejoice in my own newfound freedom.”

Chicken Soup for the Soul: Empty Nesters includes stories from both parents and newly-independent children, and offers a heartwarming look at the empty nest experience. From tearful good-byes at a child’s first dorm room, to the secret thrill of clean bedrooms and long-lost “date nights,” both empty nest parents and grown children will find much to value in these stories of life transition.

In *Chicken Soup for the Soul: Empty Nesters*, you’ll read about:

- Why the daughter of co-author Carol McAdoo Rheme is still making her late to church every Sunday – even though she’s a thousand miles from home
- Contributor Bonnie Compton Hanson’s “Ode to the (Almost) Empty Nest”
- Concerned kids who call home to check on their “depressed” – but secretly thrilled – parents
- Why contributor Kathe Campbell describes her empty nest as “a slice of paradise”

Chicken Soup for the Soul: Empty Nesters (Jack Canfield, Mark Victor Hansen, Carol McAdoo Rehme and Patricia Cena Evans) 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 schedule an interview, or to receive a review copy of *Chicken Soup for the Soul: Empty Nesters*, please contact Rusty Shelton at (512) 785-4469 or rusty@sheltoninteractive.com.