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Everyone can find happiness

Chicken Soup for the Soul shares stories of purpose, passion and joy

COS COB, Conn. – “I have to think about the things that I can do,” writes 20-year-old Angela Sayers, about her battle with osteosarcoma. “I’m still doing better than expected. I’m still here. I’m still living.” In the midst of unthinkable circumstances, Sayers managed to keep things positive, keep perspective and keep pursuing happiness. She and the other contributors to *Chicken Soup for the Soul: Find Your Happiness* (Chicken Soup for the Soul Publishing, LLC, October 25, 2011, 978-1935096771, \$14.95) share stories that will inspire readers to find their own purpose, pursue their passions, and let joy into their lives, no matter what their circumstances.

From finding your purpose and counting your blessings to discovering the joy of giving and pursuing your passion, the 101 stories in *Chicken Soup for the Soul: Find Your Happiness* explore the many ways that people from all walks of life looked within themselves and discovered that happiness was there for the taking.

Even when there's no real reason to be unhappy, life can be an exercise in choosing to be joyful, which is exactly what contributor Jennifer Quasha set out to do. In her story, “The Happy Book,” Quasha recounts how she avoided depression after a series of negative events in her life by keeping a small datebook by her bed and answering one question every night: “What made me the happiest today?” Quasha says. “The spin on my life has changed. I actively seek the positive. Every day.”

As Deborah Norville points out in her foreword, “Research has found being happy adds about nine years to your life!” Her recipe for happiness includes counting your blessings, pursuing your passions, learning, finding meaning in your activities, and finding quiet times to reflect and to enjoy all the little things. As she says, “After you read these stories, you’ll be much better equipped to find the path—and the destination—that’s right for you.”

Readers will learn the joy of giving with Shannon Anderson, her daughters and first-grade students, in “A Deed a Day,” as they work to do something unexpected each day for someone else. They’ll get advice from Michelle Smyth—who had to quit her job and take care of her autistic son—on how to handle life’s detours. And, readers will see they can leave a joyless job, as JC Sullivan did when she asked herself what she would do if she won the lottery.

Chicken Soup for the Soul: Find Your Happiness (Jack Canfield, Mark Victor Hansen, and Amy Newmark; foreword by Deborah Norville) releases on October 25, 2011. 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 & 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. 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, inspiration and wellness. 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: Find Your Happiness* or to request an interview, please contact Shelby Sledge at (512) 206-0229 or shelby@sheltoninteractive.com.