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The most inspirational people you'll ever meet

Chicken Soup for the Soul shares stories about making the best of a bad situation

COS COB, Conn. – When Alicia Bertine lost her long, beautiful hair due to aggressive chemotherapy, the 23-year-old thought her modeling dreams were over. However, she quickly came to grips with her new reality and went out proudly without a hat or wig. And Alicia even started building her modeling portfolio, despite two recurrences of cancer. “I didn’t let go of my dreams,” she writes. “I wasn’t going to let illness get me down for one more day.” Now she’s a successful, bald model, actress, and inspirational speaker.

***Chicken Soup for the Soul: From Lemons to Lemonade* (Chicken Soup for the Soul Publishing, LLC, Aug. 13, 2013, 978-1611599145, \$14.95)** is a celebration of Alicia and 100 other people who have overcome hardships and found the blessings in their lives. Deemed “the most inspirational people you’ll ever meet” by Chicken Soup for the Soul co-author and publisher Amy Newmark, each story’s author is truly a role model and example of the human spirit’s resilience. As Newmark says, “After you read these stories, you’ll feel empowered to use positive thinking to navigate your own difficult situations, reorient your lives, and improve your personal relationships.”

Jo Eager learned to count her blessings after a serious rattlesnake bite during an afternoon hike. Her leg turned black and left her temporarily paralyzed. After 15 days in the hospital and 28 vials of antivenin, she pulled through and survived. Jo learned how to be patient and grateful during her slow recovery. “I looked for something positive in my daily progress – first walking one house length, the next day two,” Jo says. She regained use of her leg, and now, in addition to being a reporter in San Diego, she also teaches fitness classes. “Life can change in a split second. I could have died and never seen my kids again,” she writes. “The importance of always keeping peace with my loved ones became very obvious after this ordeal.”

Dr. Jennifer Arnold, who stars in TLC’s *The Little Couple* with her husband, never expected the discrimination she received during medical school interviews because she is only three feet tall. But Jennifer persevered and was accepted at her dream school, Johns Hopkins! She went into the neonatology field, where she works with newborn babies and her height is a non-issue. “I learned that success in life and career is not solely based about achieving your goals, but is also about knowing one’s true capabilities and limitations and then striving to overreach those every day,” Jennifer writes. “On occasion, I give pause and consider that of all the obstacles, of all of the reasons not to, I stayed determined!”

Chicken Soup for the Soul: From Lemons to Lemonade (Jack Canfield, Mark Victor Hansen and Amy Newmark) releases on Aug. 13, 2013. Chicken Soup for the Soul Publishing, LLC, publishes the Chicken Soup for the Soul book series, which is distributed through Simon & Schuster, Inc. In 2007, *USA Today* named *Chicken Soup for the Soul* one of the five most memorable books in the last quarter century. Since 1993, more than 100 million books in the series have been sold in the United States and Canada alone, with titles sold in more than 100 additional countries and translated into more than 40 languages. The company is expanding into all media, including TV shows and a major motion picture, and is also developing a digital presence for life improvement, emotional support, inspiration, and wellness. Chicken Soup for the Soul Foods, a joint venture with Daymon Worldwide Inc., sells a line of delicious, nutritious comfort foods. Chicken Soup for the Soul Publishing also licenses the right to use its famous brand to high-quality licensees. For more information visit www.chickensoup.com.

To receive a review copy of ***Chicken Soup for the Soul: From Lemons to Lemonade*** or to request an interview, please contact Shelby Sledge at (512) 206-0229 or shelby@sheltoninteractive.com

