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A portable support group for your entire Alzheimer's journey *Chicken Soup for the Soul and the Alzheimer's Association® share comfort, advice*

COS COB, Conn. – At least 44 million people worldwide are living with Alzheimer's or another dementia, and it can feel like a lonely journey. But you are not alone. Others affected by this disease—caregivers as well as those living with the disease—share their personal stories in *Chicken Soup for the Soul: Living with Alzheimer's & Other Dementias*, offering support, encouragement and advice.

A collaboration with the Alzheimer's Association®, *Chicken Soup for the Soul: Living with Alzheimer's & Other Dementias* combines the most up-to-date information on best practices and coping strategies for living with Alzheimer's with the comfort and sense of community you get from a Chicken Soup for the Soul book. Tips from the Alzheimer's Association are also sprinkled throughout the book, offering even more resources and help as you care for your loved one.

If you are caring for a loved one with Alzheimer's or other forms of dementia, this book is your portable support group. The 101 stories in *Chicken Soup for the Soul: Living with Alzheimer's & Other Dementias* (Chicken Soup for the Soul Publishing, LLC, April 22, 2014, 978-1611599343, \$14.95) cover the entire journey—from diagnosis through end of life. Caregivers share coping strategies and tips and you will feel a sense of community as you read these stories about others experiencing the same feelings as you—the same ups and downs, the sadness, the guilt, and even those wonderful moments of humor and clarity. This book also offers a rare inside look into what it's like to have Alzheimer's, with an entire chapter of stories written by people who have the disease.

You'll learn how to enter your loved one's reality, find new ways to make connections, and take the necessary steps as the disease progresses, including hiring aides and ultimately, moving your loved one to a memory facility. You will also learn how to take care of yourself—how to benefit from support groups, stay healthy, and find the humor and blessings in everyday life. A key theme in the book is acceptance—coping with the new normal and making it as good as it can be.

According to the 2014 *Alzheimer's Disease Facts and Figures* report, Alzheimer's disease is the sixth leading cause of death in the U.S. All royalties from the book will go to the Alzheimer's Association, the world's leading voluntary health organization in Alzheimer's care, support and research. For more information on Alzheimer's disease, visit the Alzheimer's Association at alz.org® or call 800.272.3900.

ABOUT CHICKEN SOUP FOR THE SOUL

Chicken Soup for the Soul publishes the famous Chicken Soup for the Soul book series. In 2007, *USA Today* named *Chicken Soup for the Soul* one of the five most memorable books in the last quarter-century. With over 100 million books sold to date in the U.S. and Canada alone, more than 250 titles, and translations into more than 40 languages, "chicken soup for the soul" is one of the world's best-known phrases. Today, 20 years after it first began sharing happiness, inspiration and wellness through its books, Chicken Soup for the Soul continues to delight its readers with new titles, but has also evolved beyond the bookstore. Its high quality products include wholesome and balanced pet food that recognizes the unique relationship between pets and people and a new line of delicious nutritious comfort food inspired by the connection between food and feelings. Chicken Soup for the Soul is "always there for you™." For more information visit www.chickensoup.com.

To receive a review copy of *Chicken Soup for the Soul: Living with Alzheimer's & Other Dementias* or to request an interview, please contact Shelby Sledge at (512) 206-0229 or shelby@sheltoninteractive.com

