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## Say goodbye to back pain

*Chicken Soup for the Soul and Harvard Medical School doctors combine medical advice with inspirational stories*

**COS COB, Conn.** – According to a recent study, more than 80% of us will experience a back problem at some time in our lives. Those of us who have already experienced back pain know all too well that it can be debilitating, costing us time, money and, perhaps most importantly, the ability to live life to the fullest.

In a unique first-of-its-kind collaboration, Chicken Soup for the Soul Health and top doctors at Harvard Medical School have combined the healing and therapeutic power of storytelling with practical medical advice in a new series of books. One of the first in the series is *Chicken Soup for the Soul: Say Goodbye to Back Pain!* (Chicken Soup for the Soul Health, May 22, 2012; 978-1-935096-87-0 \$9.95), in which physician, Harvard Medical School faculty member and Chief Editor of Books at Harvard Health Publications, Dr. Julie Silver, provides readers with a soup to nuts tour of their backs, explaining injuries, therapies, and exercises, using examples from Chicken Soup for the Soul stories and from her experience as one of the top healing experts in the world.

The healing power of stories has been documented widely, and the medical community is increasingly adding journaling, narrative writing, and other forms of storytelling to therapeutic regimens. *Chicken Soup for the Soul: Say Goodbye to Back Pain!* contains more than two-dozen stories from contributors who explain how they recovered from injuries and surgery, and how they now maintain a healthy back and neck through a variety of tactics. Dr. Silver combines the wisdom in these stories with her own straightforward medical advice to help readers develop healthy habits for optimal back health. She also offers step-by-step advice for those times when medical intervention is required.

As a noted expert in physical medicine and rehabilitation (PM&R), Dr. Silver has seen back injuries in many forms and has developed simple strategies focused on helping people recover as well as possible using the latest science in rehabilitation medicine. With easy-to-follow instructions, readers will learn to use preventative exercises to ward off problems, protect the body every day to maintain back health, think like a doctor and get the right diagnosis, pick the correct course of treatment and the right medical professionals, and understand their back and neck anatomy through clear diagrams.

**Julie Silver, MD** is an assistant professor at Harvard Medical School and the Chief Editor of Books at Harvard Health Publications. Her work has been featured on many national media outlets, including “The Today Show,” “The Early Show,” “The Dr. Oz Show,” “ABC News Now,” AARP Radio and NPR.

**Chicken Soup for the Soul Health is an imprint of Chicken Soup for the Soul Publishing, LLC**, the publisher of 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 in the U.S. and Canada alone, 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](http://www.chickensoup.com).

**Harvard Health Publications:** Harvard Health Publications (HHP) is the media and publishing division of the Harvard Medical School. The goal of its publications is to bring people around the world the most current health information that is authoritative, trustworthy, and accessible. HHP has been publishing award-winning consumer health books since 1996. HHP books are cutting-edge resources for intelligent consumers. The books are penned by Harvard Medical School faculty members, often working with professional writers. HHP authors are internationally renowned for their clinical work and research and have extensive, high-credibility platforms.

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**To receive a review copy of *Chicken Soup for the Soul: Say Goodbye to Back Pain!* or to request an interview, please contact Shelby Sledge at (512) 206-0229 or [shelby@sheltoninteractive.com](mailto:shelby@sheltoninteractive.com).**