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Say goodbye to stress

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

COS COB, Conn. – Almost everyone feels stressed these days. It's a global epidemic. The American Medical Association reports that at least 60 percent of all illness can trace its roots to the negative effects of stress. Stress-related illness is also on the rise in the workplace, with workers' compensation claims at an all-time high.

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 Stress* (Chicken Soup for the Soul Health, May 22, 2012; 978-1-935096-88-7, \$9.95), in which Harvard Medical School's Dr. Jeff Brown provides readers with inspiration and a clear path to reducing stress in their lives, using examples from Chicken Soup for the Soul stories and from his clinical practice.

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 Stress* contains more than two-dozen stories from contributors who explain how they manage stress in their own lives. Dr. Brown combines the wisdom in these stories with his own practical, easy-to-follow advice to help readers manage stress, whether it is from everyday life or from life-changing events.

As a noted psychologist, Dr. Brown has seen stress in many forms and has developed simple strategies that work to reduce it. Readers will learn how to manage their emotions and stop being their own worst enemy, how to triumph over tragedy, how to reduce stress in the workplace and at home, how to manage finances sensibly to reduce stress, how to de-stress their lifestyles through sleep and exercise, and even which foods to eat to reduce stress.

Jeff Brown, PsyD, ABPP, is an instructor at Harvard Medical School and has provided expert commentary on psychology topics to numerous media outlets, including *The New York Times*, ESPN, *The Wall Street Journal*, *The Boston Globe*, *Woman's Day* magazine, FOX News, *Family Circle*, *Boston Magazine* and ABC.com. His expertise in cognitive-behavioral therapy has generated insights about stress and stress-related illnesses and how they can affect individuals, families and the workplace.

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.

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 Stress* or to request an interview, please contact Shelby Sledge at (512) 206-0229 or shelby@sheltoninteractive.com.