



FOR IMMEDIATE RELEASE

CONTACT: Shelby Sledge (512) 206-0229

How to De-clutter Your Life and Experience the Joy of Less

Chicken Soup for the Soul and Brooke Burke-Charvet show you how to say “no” to the things that don’t matter so you can say “yes” to the things that do

COS COB, Conn. – Do you have too much stuff? Are you cramming too many activities into each day? Have electronic devices taken over your free time? We all want to reclaim control of our lives—reducing the amount of clutter in our homes, on our calendars, and on our screens! ***Chicken Soup for the Soul: The Joy of Less*** (Chicken Soup for the Soul Publishing, LLC; Amy Newmark and Brooke Burke-Charvet; April 19, 2016, 978-1-61159-957-2, \$14.95) shows you how, with 101 stories from real people who have figured out how to experience “the joy of less” by simplifying their lives.

These stories will inspire you to get to work on those life-changing projects that you’ve been meaning to do for years. You’ll learn how to de-clutter your homes and experience the liberation of less “stuff.” You’ll be inspired to slim down your calendar and say “no” to commitments you don’t want to make. And you’ll find yourself re-evaluating the amount of time you spend online and in digital relationships with “friends” instead of having experiences and relationships with living, breathing people.

Entrepreneur, actress, and mother of four Brooke Burke-Charvet coauthored this book with Chicken Soup for the Soul’s publisher and editor-in-chief Amy Newmark. You may know Brooke as the former co-host of *Dancing with the Stars*, the host of *Chicken Soup for the Soul’s Hidden Heroes*, and a contestant on the 2016 season of *Celebrity Apprentice*. Brooke is one busy woman, and this book is close to her heart. She says, “I believe in the power of saying ‘no’ to too many material possessions and to schedules so crowded with ‘obligations’ that we crowd out time with our families and friends. Enjoy this collection. Be inspired. I know you’ll come away filled with ideas and enthusiasm for the new life you’ll carve out as you reduce the clutter in your life, literally and figuratively, and experience The Joy of Less!”

This is a new kind of book for Chicken Soup for the Soul—a new topic for its fans and stories that are both entertaining but also filled with usable advice and easy-to-implement tips. Key inspirational quotes and tips from each story are also pulled out, magazine style, and featured throughout the book. You can’t help but be inspired to get to work on de-cluttering and simplifying your own life after reading these stories.

ABOUT CHICKEN SOUP FOR THE SOUL

Chicken Soup for the Soul, the world’s favorite and most recognized storyteller, publishes the famous *Chicken Soup for the Soul* book series. With well 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 and is regularly referenced in pop culture. Today, 23 years after it first began sharing happiness, inspiration and hope through its books, this socially conscious company continues to publish a new title a month, but has also evolved beyond the bookstore with super premium pet food, television shows and movies, and a variety of other digital content and licensed products, all inspired by stories, as it continues “changing the world one story at a time®.”

###

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

