



FOR IMMEDIATE RELEASE

CONTACT: Beth Gwazdosky (512) 921-8148

Change your thoughts, change your life

Deborah Norville and Chicken Soup for the Soul focus on thinking positively

COS COB, Conn. – There is something to be thankful for every day, and every day is a new beginning. In fact, scientific studies have proven that a positive attitude actually has measurable benefits and grateful, positive people report they enjoy better lives. We can't always control what happens to us, but we can control how we react. And that's just what happens in story after story in *Chicken Soup for the Soul's* new inspirational volume containing 101 stories from real people about how positive thinking improved their lives.

In her foreword for *Chicken Soup for the Soul: Think Positive* (Chicken Soup for the Soul Publishing, LLC, September 28, 2010, 978-1935096566, \$14.95), veteran journalist and best-selling author Deborah Norville writes that this realization was the driving force for turning around her life and career. She notes that one of the reasons she was excited to be a part of this book was the fact that were it not for positive thinking from *Chicken Soup for the Soul's* co-founders, Jack Canfield and Mark Victor Hansen, they would not have created the publishing sensation they did, after receiving countless rejection notices for their original *Chicken Soup for the Soul* manuscript.

"This book is filled with the experiences of real people living everyday lives with real problems -- yet they've found the inner strength to overcome those challenges or just ways to make their lives more meaningful," says Deborah Norville. "Their examples can help you find the keys to think positively, enhance your own life, and provide that little bit of motivation that will help you get over the speed bumps of life."

Norville suggests, "Share this book with family and friends. Give a copy to someone who needs a boost. And when you need a reminder that life is filled with blessings, benefits, opportunities, and joy return to this book. You'll find you're looking ahead with grateful, positive happy eyes that recognize all the good in your life now – and to come."

Shawn Decker doesn't stop to feel sorry for himself. The 35-year-old hemophiliac, who contracted HIV from childhood transfusions, is married, leads a full life, and coined the term "positoids" for HIV-positive people. Roy Barnes doesn't let his Asperger's stop him from traveling the world and learning how to navigate unfamiliar places. Janet Brennan recovered from PTSD after losing her daughter by meditating and forcing herself to act on positive words such as dance, kiss, laugh, and joy.

From best-selling authors like James Scott Bell to award-winning columnists like Saralee Perel, the book is filled with stories of optimism, faith, and strength that avoid tired clichés and use real-life examples that encourage readers to stay positive throughout life's many challenges.

Chicken Soup for the Soul: Think Positive (Jack Canfield, Mark Victor Hansen, and Amy Newmark; foreword by Deborah Norville) will be released on September 28, 2010. *Chicken Soup for the Soul* Publishing, LLC, publishes all the latest titles in the famous *Chicken Soup for the Soul* book series which are distributed through Simon and Schuster, Inc. Since 1993, books in the *Chicken Soup for the Soul* series have sold more than 112 million copies, with titles translated into more than 40 languages. *Chicken Soup for the Soul* Publishing also licenses the right to use its famous trademark to high quality licensees through IMG, the world's premier licensing agent. 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 and inspiration. 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.

###

To receive a review copy of *Chicken Soup for the Soul: Think Positive*, or to request an interview, please contact Beth Gwazdosky at (512) 921-8148 or beth@sheltoninteractive.com.