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Wisdom for life and love from our dogs

New tales from Chicken Soup for the Soul show how dogs can be the best teachers

COS COB, Conn. – When Elizabeth Cutting reluctantly took over the care of her grandmother’s Golden Retriever she had no idea the dog would change her life by teaching her how to integrate her “inner dog.” But over the years, through the ups and downs of her life, that priceless dog taught her through example, showing her how to approach every day with “gusto,” “live in the moment,” “forget the bad, remember the good,” and most important, “forgive mistakes – every one of them, every time.” After Sean Sellers watched the Twin Towers fall, he says “I might have gone out of my mind if it wasn’t for that dog ... she has taught me to concentrate on the rhythm of my heart and to remove the wishing, the wondering, and the worrying from my head.”

From the health benefits dogs offer their owners, to the special connection we share with them, to the examples they provide for savoring life, these pets not only brighten and enrich our lives, but they are also amazing teachers. *Chicken Soup for the Soul: What I Learned from the Dog* (Chicken Soup for the Soul Publishing, LLC, September 22, 2009, 978-1-935096-38-2, \$14.95) is the latest addition to the bestselling collection of pet books from Chicken Soup for the Soul. These 101 true tales offer insight about life, love, and the fundamental wisdom we can learn from our dogs.

“Our dogs teach us so much about how to live our lives – sometimes we just have to stop and listen,” says Amy Newmark, Chicken Soup for the Soul publisher and co-author of the book.

From touching stories of dogs helping people cope with life and death, to impressive accounts of heroic rescues, the lessons learned range in shape and size, just like the dogs. Have a need to look perfect all the time? “Pooper scooping” is the great leveler. Take a page from Nancy Berk, who says, “Ever since the dogs came into my life, my flawed self has been on display for the world, or at least the neighborhood to see. I’ve been half dressed, overdressed and badly dressed, all for the sake of two sets of big sad eyes.

In a special foreword by “Today Show” correspondent and editor of *Animal Fair Magazine*, Wendy Diamond, pet owners are urged to look to their animals for wisdom, support or a much needed laugh. As Petsmart’s lifestyle expert, Diamond works tirelessly to promote the efforts of non-profit animal organizations. Diamond is a sought after pet expert and has offered her practical advice to pet owners appearing on numerous television shows including, “The View,” “The Oprah Winfrey Show,” “MTV,” “CNN” and “Animal Planet.” Her expert advice has been featured in *Forbes*, *The New York Times*, *People* and *Vogue*.

Chicken Soup for the Soul: What I Learned from the Dog (Jack Canfield, Mark Victor Hansen, Amy Newmark & Wendy Diamond) released in September 2009. 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.

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To schedule an interview with Wendy Diamond, or to receive a review copy of *Chicken Soup for the Soul: What I Learned from the Dog*, please contact Rusty Shelton at (512) 785-4469 or rusty@sheltoninteractive.com.