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True tales of everyday, extraordinary women

New Chicken Soup for the Soul collection offers inspiration for the female heart

COS COB, Conn. -Women have always shared a special bond with each other, rich with soul-baring honesty and unconditional support. Close female friendships are evident in popular culture every day, whether it's Oprah and Gayle, Paris and Nicole or the fictional chums of "Sex and the City," who support each other through thick and thin. But even with these glamorous examples, it is the everyday wisdom of regular women that truly inspires the feminine spirit.

In *Chicken Soup for the Soul: Woman to Woman* (Chicken Soup for the Soul Publishing, LLC, 978-1-935096-04-7, September 2008, \$14.95), women of all ages and backgrounds share their personal, heart-warming experiences in a collection that reminds us all what it really means to be a woman. Speaking directly to sisters and grandmothers, mothers and daughters, coworkers and friends, *Chicken Soup for the Soul: Woman to Woman* offers touchingly poignant wisdoms to refresh the female soul.

"Friendships are a must for women," writes *Chicken Soup for the Soul: Woman to Woman* contributor Rhonda Rhea. "If it weren't for friends, women would have to go to the ladies' room alone. And who would offer a truthful assessment about whether an outfit makes your hips look big? If it's been a while since you've made time for friends, take the time and share a laugh with a sister. Both are a gift from God. We need each other — there are certain matters that only women understand. Two of those are 'mauve' and 'taupe.' Another is, of course, other women."

Chicken Soup for the Soul: Woman to Woman includes chapters on a wide variety of subjects ranging from mothering to achieving your dreams to finding your courage, each with true-life stories and insights on the shared female experience. It is part of the new "101 Best Stories" series by the publisher of Chicken Soup for the Soul books. With refreshed cover designs and interior layouts, books in the "101 Best Stories" series offer the editors' favorite tales and poems submitted in the 15-year history of Chicken Soup for the Soul, reflecting the brand's excitement and new energy on this memorable anniversary.

In *Chicken Soup for the Soul: Woman to Woman*, you'll read about:

- How a gift of tea from an old friend helped author PeggySue Wells adjust to life in a new town
- How a sister's laughter aided author Deborah Hedstrom-Page in overcoming the grief of her husband's death
- How author Dee Hakala lost 100 pounds and created her own, innovative fitness program for other overweight women
- How author Angela Perez Baraqui became the first teacher and first Asian to be crowned Miss America in the pageant's 80-year history

Chicken Soup for the Soul: Woman to Woman (Jack Canfield, Mark Victor Hansen, and Amy Newmark) released September 30, 2008. 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 over 112 million copies, 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 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 request a review copy or excerpt of *Chicken Soup for the Soul: Woman to Woman*, please contact Rusty Shelton at (512) 785-4469 or rusty@sheltoninteractive.com.