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## **That Famous Canadian Kindness Is Alive and Well**

*New Chicken Soup for the Soul collection features 101 stories about Canadian caring and compassion  
Book sales will support United Way Centraide Canada*

**COS COB, Conn.** – It was the last game the Toronto Maple Leafs would play in their old arena, and Leigh Anne Saxe’s family was there—all five of them, with *four* season tickets. Leigh Anne and her sister were sharing a ticket. One girl would come out and hand her ticket to the other, who would go in for a while and then switch back. When a ticket collector caught on, he let them both in, and the girls got to watch the rest of the game with their family. Leigh Anne says, “This man’s kindness, understanding and willingness to overlook the ‘rules’ for this special night are something I will never forget.”

Ellie Braun-Haley couldn’t believe what her stepson said about her visit to Toronto: “People are in their own world, and they don’t want you interrupting their day. Folks on the subway don’t talk.” Ellie was from Alberta, and she couldn’t stop herself. She struck up conversations with everyone, and even ended up being serenaded by two different men who sang “Strangers in the Night” to her on two separate rides. Ellie says, “I had the distinct feeling that the universe was trying to tell me something, and I agree: People should chat, even on the subway.”

Canada is filled with people who care *for* and *about* each other. They make miracles happen for their neighbours, friends, and complete strangers. You’ll find 101 heartwarming tales of Canadian kindness in ***Chicken Soup for the Soul: Canadian Acts of Kindness (Chicken Soup for the Soul, LLC; Amy Newmark; October 30, 2018, 978-1-611599831, \$17.95 Canadian)***—from the everyday to the extraordinary. And you’ll probably come away from this book with new ideas for ways that you and your family and friends can make a difference in your own communities. If you need some help, you’ll find *hope* in these pages. And if you can give help, you’ll feel *energized* to find your own opportunities to perform *acts of kindness* yourself, every day!

These 101 stories, previously published in other Chicken Soup for the Soul books, will inspire you—and give you some great ideas! There are so many ways that *you can help*—and it turns out the biggest beneficiary may be you! Scientific studies have shown that *doing good* is not only good for the recipient, but also for the person doing it, making that person *happier and healthier*.

The power of Canadians working at the local level to create a better country for all is truly astounding. And that’s why royalties from this book are going to United Way Centraide Canada, which enables volunteers and donors to become champions of generosity in their communities.

### **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, 25 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 through its subsidiary Chicken Soup for the Soul Entertainment, podcasts, positive journalism from *aplus.com*, education programs, and licensed products, all revolving around true stories, as the company continues “changing the world one story at a time<sup>®</sup>.”

### **FULL STORIES AVAILABLE AS EXCLUSIVE EXCERPTS**

**To receive a review copy of *Chicken Soup for the Soul: Canadian Acts of Kindness* or to request an interview, please contact Shelby Janner at (512) 638-6379 or [shelby@zilkermmedia.com](mailto:shelby@zilkermmedia.com).**