



FOR IMMEDIATE RELEASE

CONTACT: Shelby Janner (512) 638-6379

101 Life Lessons from the Cat

*A New Chicken Soup for the Soul Collection Explores that Magical Human–Animal Bond
Royalties from Book Sales to Benefit American Humane*

COS COB, Conn. – We learn so much from our feline friends, and along the way they keep us company, provide unconditional love, and share in the ups and downs of our lives. What do we learn from them? Everything. Our cats make us better people. If we rescued them, they rescue us back. If we're sad, they comfort us. If we need to have more fun, they show us how. They are our protectors, our role models, and our best friends.

***Chicken Soup for the Soul: Life Lessons from the Cat* (Chicken Soup for the Soul, LLC; Amy Newmark; May 14, 2019, 978-1-611599893, \$14.95)** will have cat lovers laughing, tearing up, and nodding their heads in recognition as they dive into 101 touching, inspiring, and sometimes mindboggling stories about all the ways in which cats enrich our lives, become part of our families, and make us better people.

“It’s remarkable how much cats add to their human family members’ lives,” says Amy Newmark, publisher and editor-in-chief of Chicken Soup for the Soul. “Our writers report on how their cats helped them improve their relationships, acted as natural therapists, and showed them how to overcome their own challenges. They learned how to be better people through the examples of their cats’ loyalty, intuition, resilience, and kindness.”

Chicken Soup for the Soul is donating royalties from the book to American Humane, along with the royalties from its other new book, *Chicken Soup for the Soul: Life Lessons from the Dog*. This is the fourth pair of books about cats and dogs that Chicken Soup for the Soul has published with royalties earmarked for American Humane. This effort is part of the company’s widespread support for animal shelters and pet adoption, including the donation of Chicken Soup for the Soul pet food to shelters across the country.

In keeping with Chicken Soup for the Soul’s support for pet adoption and shelters, the 101 stories chosen for the book from thousands of submissions are not only inspirational and fun, but also feature rescued cats, including black cats and senior cats, the categories that are often left behind at shelters. It’s part of Chicken Soup for the Soul’s mission to make people think “shelter first” when they’re considering adding a new pet to their families.

101 inspiring stories about amazing cats—and support for a great cause. You can’t go wrong with this new bestseller from Chicken Soup for the Soul—for yourself and for every cat lover on your gift list!

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, 26 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, a podcast, 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®.”

###

To receive a review copy of *Chicken Soup for the Soul: Life Lessons from the Cat* or to request an interview, please contact Shelby Janner at (512) 638-6379 or shelby@zilkermmedia.com.