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## How to Use Your Dreams for Personal Transformation

*New Chicken Soup for the Soul collection presents 101 life-changing dreams and premonitions  
Includes 12 stories about high-impact dreams during the COVID-19 shutdown*

**COS COB, Conn.** – Have you ever woken up knowing that you’ve just had an important dream, and then, bam, it’s gone? You’ll want to keep a pen and paper by your bed for the next time, especially after you read the latest book from Chicken Soup for the Soul and learn how to use your dreams as a kind of GPS for navigating your life.

“It’s remarkable how useful our dreams can be in helping us find new directions, improve our relationships, and become genuinely happier,” says Amy Newmark, author, editor-in-chief and publisher of Chicken Soup for the Soul. “I’m a practical, fact-oriented person so I fall into the camp that believes our dreams are the products of our subconscious saying, ‘Hey you! Here’s what I’ve been trying to tell you all day while you’ve been looking at your phone and doing projects and talking to people!’” Newmark goes on to say, “In many of the stories in this book, however, it’s hard to imagine someone’s subconscious was the source of their inspiration, as the advice they’ve received seems to come out of left field.”

***Chicken Soup for the Soul: Listen to Your Dreams* (Chicken Soup for the Soul, LLC; Amy Newmark; August 11, 2020, 978-1-611590685, \$14.95)** has both kinds of dreams: the kind you can credit to your subconscious, and that other kind—more mysterious and miraculous and of divine origin. All of the 101 stories in this new collection are about astonishing dreams and premonitions, and they are compelling examples of why we should make a deliberate effort to recall our dreams and follow the guidance they offer to us.

These real-life stories, from ordinary people who recount extraordinary experiences, will show you how to:

- Use your dreams as guidance for life changes and milestones
- Find love & companionship—from soul mates to rescue dogs!
- Face your fears and overcome them with new confidence
- Accept divine guidance from that little voice in your head
- Act on your premonitions and avoid dangerous situations
- Improve your relationships with the living and the dead
- Find comfort and closure through messages from heaven
- Restore your faith in miracles and magical coincidences

And with 12 stories about the high-impact dreams that occurred during the COVID-19 shutdown, and the life-changing consequences of those dreams, this new book is remarkably topical.

### ABOUT CHICKEN SOUP FOR THE SOUL

Chicken Soup for the Soul 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, more than 250 titles, and translations into more than 40 languages, the phrase “chicken soup for the soul” is known worldwide and is regularly referenced in pop culture. Today, 27 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. It has also evolved beyond the bookstore, with a podcast, education programs, dog and cat food, licensed products, and video, television and movies through its subsidiary, Chicken Soup for the Soul Entertainment.

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For a review copy of *Chicken Soup for the Soul: Listen to Your Dreams* or an interview with Amy Newmark or a contributor, please contact Shelby Janner at (512) 638-6379 or [shelby@zilkermedia.com](mailto:shelby@zilkermedia.com).