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## It's Time to Admit that Mom Knows Best

*A New Chicken Soup for the Soul Collection Shows Moms Just How Much They're Appreciated*

**COS COB, Conn.** – Traci Langston viewed herself as shy and insecure, but her mother taught her a valuable lesson anyway: “The worst they can say is ‘no.’” Traci has learned to ask for what she wants, whether it’s something as simple as a better table in a restaurant, or as big as auditioning for a part in a play. This philosophy has led Traci to ask men out on dates, get prices lowered on things she’s buying, and even get a new job. Why? According to Tracy, “Because I asked. Because my mom was right.”

She was so frazzled she didn’t even know she was hungry, so when Abbie Dunlap’s mother swooped in to help her daughter with her newborn, that was one of the first problems she solved. She also sent her exhausted daughter to bed and stayed up all night with the baby. “Despite me being twenty-seven years old, my mom took care of me. I did not ask her to; she just did it. She didn’t sleep so that I could,” says a grateful Abbie.

Miranda Lamb was a difficult teenager, telling her mother that she hated her dozens of times. She didn’t think she needed her mother at all, and she moved out at age eighteen even though her mother told her she wasn’t ready. A few months later, Miranda called her mom late one night, crying and feeling helpless. Her mother merely said, “I’ll be right there.” Later that night, Miranda said “I love you” to her mother for the very first time.

Those are but three of the 101 stories in *Chicken Soup for the Soul: Mom Knows Best (Chicken Soup for the Soul, LLC; Amy Newmark; March 19, 2019, 978-1-611599879, \$14.95)*, which the company calls a “gift to moms, grandmothers, stepmothers, mothers-in-law, or honorary mothers, with stories that will make them laugh, tear up, nod their heads in recognition, and most importantly—know they’re appreciated.” That appreciation is important, because mothers spend years imparting unsolicited advice and often don’t hear much gratitude until their children are grown. Chicken Soup for the Soul’s editor-in-chief Amy Newmark says, “This is a wonderful way for children of all ages to let their mothers and grandmothers know how much they are loved, how important their influence has been, and how much their children rely on them for comfort, too.” It’s also a terrific way to admit to Mom that no matter what, we always end up agreeing that she’s right... and that we’re going to emulate her!

“I had the best intentions not to turn into my mother,” says Randi Mazzella. The embarrassing way her mother was dressed when she picked her up at school, the “stupid” rules she enforced, the music she listened to—Randi was going to be different. Until she found herself doing all the same things as her mom, because that’s what works. “I found out that turning into your mother is sometimes inevitable,” admits Randi. “So, yes, I’ve turned into my mother, and my kids are darn lucky I have.”

### 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](http://aplus.com), education programs, and licensed products, all revolving around true stories, as the company continues “changing the world one story at a time®.”

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