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**Energize Your Life by Stepping Outside Your Comfort Zone**  
*101 Chicken Soup for the Soul stories help readers realize their full potential*

**COS COB, Conn.** – It’s something we all fight—that impulse to sit back and relax—right into a rut. But avoiding new, sometimes scary, things only leads to a narrower life. Chicken Soup for the Soul noticed that its writers were fighting back! They were forcing themselves to try new things: expanding their worlds instead of letting them narrow. “That’s how this new book came about,” said Amy Newmark, publisher and editor-in-chief of the iconic book series. “We saw so many stories from our contributors about challenging themselves to face their fears and try new things. They reported how those experiences led to even *more* new things and a more meaningful life.”

Whether it’s the little things—like new foods—or the big things—like flying to a faraway country—we feel empowered when we do something that challenges us. ***Chicken Soup for the Soul: Step Outside Your Comfort Zone*** (Chicken Soup for the Soul, LLC; Amy Newmark; October 31, 2017, 978-1-611599749, \$14.95) provides 101 examples of regular people mustering up their courage and stepping outside their comfort zones to change their lives for the better. Newmark, for example, included her own story about paragliding while on vacation in the Persian Gulf. She says, “I was terrified, but it changed me. Now I know: If I can run off a cliff in Oman, anything is possible.”

This new *Chicken Soup for the Soul* collection is bound to inspire every one who reads it. Whether you’re looking for love, or a new job; overcoming shyness, or a phobia; spicing up your life with new experiences, or reaching out to make new friends; or thinking of travel to exotic places, or going on that scary roller coaster, you’ll find kindred souls in these pages. Even the chapter titles carry a positive message and excellent advice: 1. Just Say Yes, 2. Learn to Trust, 3. Connect with Someone, 4. Reinvent Yourself, 5. Face Your Fears, 6. Be Spontaneous, 7. Go Far Away, 8. Find Love, 9. Take a Risk, and 10. Take Back Your Life.

Newmark reports that there were so many exciting, empowering stories submitted for this title—more than 6,000 for 101 slots—that Chicken Soup for the Soul will actually bring out a second volume on this theme in August 2018, called *Chicken Soup for the Soul: The Power of Yes*.

**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, 24 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 through its subsidiary, Chicken Soup for the Soul Entertainment, podcasts, 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: Step Outside Your Comfort Zone* or to request an interview, please contact Shelby Janner at (512) 638-6379 or [shelby@zilkermedia.com](mailto:shelby@zilkermedia.com).

