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## **101 of the Best Pieces of Advice You've Ever Heard**

*New Chicken Soup for the Soul collection shares epiphanies and wise words for the new year*

**COS COB, Conn.** – JC Sullivan's brother had heard enough complaints about her stressful banking job. He blurted out, "Imagine that you just won the lottery! What would be the first thing you'd do?" JC responded, "Oh my God! Move to Italy!" She stopped spending money, paid off her debt, and within months was able to quit her job and move to Italy. She's been having adventures ever since, always using her imaginary lottery win as a way to remove money as an obstacle and figure out what she truly wants to do.

Connie Cameron Smith and her husband had just become empty nesters, and it wasn't going well. They were moody and disinterested in each other's lives. Connie went to her pastor for advice about how to fix her marriage, and he said, "If you want to be treated like a queen, you need to treat your man like a king." It worked. Connie says, "As I did more things to please him, such as make his favorite foods and choose his favorite movies, he voluntarily helped with the housework." Their marriage became better than ever, so much so that they splurged on a 25<sup>th</sup>-anniversary cruise to Hawaii. Connie says they had the time of their lives.

Have a few wise words ever changed everything for you? Has a piece of advice from a friend, or even a stranger, opened your eyes and caused an epiphany? The 101 stories in ***Chicken Soup for the Soul: The Best Advice I Ever Heard*** (Chicken Soup for the Soul, LLC; Amy Newmark; November 6, 2018, 978-1-611599848, \$14.95) feature the simple advice that helped contributors with everything from strengthening their marriages and friendships, to achieving success at work or at school, to improving their physical and mental wellbeing. There are plenty of stories containing great advice for making yourself happier and healthier, and for pursuing your passions and dreams. And if you take some missteps along the way there are stories for that, too, with a chapter on how to turn "failure" into "fabulous."

"As we put together this collection, we found ourselves implementing the advice that we were sharing with our readers," said Amy Newmark, author, editor-in-chief, and publisher of Chicken Soup for the Soul. "We all loved that story by Connie, for example, about approaching her marriage differently. This is a new topic for us, and we had about 6,000 stories submitted for the 101 slots. We're excited about the book's potential to quickly and simply create positive change for our readers, as it has already done for us."

Whether it's hope and inspiration for the holidays or for the new year, this is an entertaining and relatable way to benefit from some of the best advice you've ever heard.

### **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®."

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