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Chicken Soup for the Soul Serves Up a New Topic: The Empowered Woman

*101 stories about being confident, courageous, and sticking up for what's right
Book sales will support Dress for Success*

COS COB, Conn. – Jane McBride Choate went straight from her parents' house to living with her husband. Then she had four children. She says, "It seemed that I was always defined in relation to someone else. I was somebody's daughter, somebody's wife, somebody's mother." She started wondering who *Jane* was. And then she started writing and getting published. She established her own identity. Jane says, "Independence and identity mean different things to different women. For me, they mean giving voice to the words that swirl through my mind and heart, praying they will touch someone."

April Knight was a forty-five-year-old widow who really needed her job working in a store, but when her boss told her she would be fired if she didn't let him engage in inappropriate behavior, she filed a lawsuit against him. Her co-workers shunned her and her family was not supportive, but April won five years' worth of wages, plus what she really wanted—a letter of apology and a letter of recommendation so she could get another job.

Sometimes, becoming an empowered woman also means facing your everyday fears, even something as simple as Jennifer Kathleen Gibbons' story about picking up a dead rat she found in her back yard. Or Wendy Ann Rich's bigger step outside her comfort zone. She decided to make a list of all the things that she was reluctant to do as a woman alone after a friend of hers refused to even enter a restaurant unaccompanied. That led Wendy to travel from Canada to Japan and spend a month there by herself.

Today's woman is looking to stick up for herself, test her courage, and build her self-confidence. The 101 stories in this new collection from Chicken Soup for the Soul provide a forum for women of all ages, from all walks of life, to share their most encouraging, advice-filled stories with each other. ***Chicken Soup for the Soul: The Empowered Woman* (Chicken Soup for the Soul, LLC; Amy Newmark, with foreword by Joi Gordon; May 1, 2018, 978-1-611599817, \$14.95)** is both entertaining and motivational, and it serves another purpose as well; some of the proceeds from the book will support the worldwide organization, Dress for Success. Dress for Success Worldwide's CEO Joi Gordon, who wrote the foreword, sums up the value of this book when she says, "I know you will finish it a different person than you were when you started it. The power of women sharing their best advice, their disappointments and triumphs, and their growth process with each other is truly astounding. What makes us successful is that we recognize we are in this together. When we actively help and appreciate each other, we are unstoppable."

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 Empowered Woman* or to request an interview, please contact Shelby Janner at (512) 638-6379 or shelby@zilkermedia.com.