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CONTACT: Shelby Janner (512) 638-6379

## **Broaden Your World by Using the Power of Yes**

*101 Chicken Soup for the Soul stories help readers realize their full potential*

**COS COB, Conn.** – We feel empowered and excited when we do things that challenge us. And it’s all too easy to get stuck in a rut, and by accident, watch our worlds get smaller and smaller. Chicken Soup for the Soul noticed that its writers were fighting this impulse and using the power of “yes” to explore new things and challenge themselves!

“That’s how this 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. We had so many inspiring stories that we made two books on this topic: *Chicken Soup for the Soul: Step Outside Your Comfort Zone* in 2017, and now—this new collection in 2018 about how we can use the power of saying ‘yes’ to improve our lives.”

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 career; overcoming shyness, or a phobia; spicing up your life with new foods, or reaching out to make new friends; considering traveling alone, or going on that scary roller coaster, you’ll find kindred souls in these pages. Even the chapter titles carry positive messages and excellent advice: 1. Try New Things, 2. Embrace Change, 3. Put Yourself Out There, 4. Fake It Till You Make It, 5. Do It Afraid, 6. Believe in Yourself, 7. Be Daring, 8. Find the New You, 9. Give of Yourself, 10. Go for Adventure, and 11. Let Yourself Trust.

Whether it’s the little things—like new foods—or the big things—like traveling alone to a faraway country—these 101 stories from regular people who stepped outside their comfort zones will inspire you to find your own ways to energize your life. ***Chicken Soup for the Soul: The Power of Yes!* (Chicken Soup for the Soul, LLC; Amy Newmark; August 14, 2018, 978-1-611599787, \$14.95)** is both entertaining and motivational, and you’ll probably find yourself making a list of at least ten new things to try before you’ve even finished reading it!

“What I love about this book is that saying ‘yes’ is something that 100% of us can do,” says Newmark. “How many self-help projects are that easy? It takes only one second to make a decision to start experiencing life to the fullest by using 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, 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](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<sup>®</sup>.”

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