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CONTACT: Shelby Janner (512) 638-6379

Train Your Brain to Be Your Own Therapist

Bestselling author and therapist Dr. Mike Dow combines Chicken Soup for the Soul stories, easy-to-implement tips, and guided journaling to help readers think proactively, act differently, and be happy

COS COB, Conn. – Chicken Soup for the Soul has always been known for its real-life, revealing stories about life’s most important issues and moments. These stories have been inspiring readers for 25 years, showing regular people that they can improve their lives by adopting different perspectives and habits.

One day, Chicken Soup for the Soul’s editor-in-chief Amy Newmark was having lunch with America’s go-to therapist, Dr. Mike Dow, and they were discussing how Chicken Soup for the Soul’s writers seemed to naturally employ the strategies of cognitive behavioral therapy, as expressed in their stories. “We were talking about CBT and how practical and eminently doable and efficient that form of therapy is... and I commented on how many of our writers seem to intuitively practice CBT in their own lives, figuring out how to solve their own problems with the tools they already have in their brains,” says Newmark.

That “aha” moment led to this collaboration. ***Chicken Soup for the Soul: Think, Act & Be Happy (Chicken Soup for the Soul, LLC; Amy Newmark and Dr. Mike Dow; September 25, 2018, 978-1-611599794, \$14.95)*** combines the emotional power of real-life stories from Chicken Soup for the Soul’s library with the thoughtful guidance of New York Times bestselling author and psychoanalyst Mike Dow. He takes readers by the hand and explains just how they can train their brains to become their own therapists.

There’s nothing like the power of storytelling to reach deep inside people and change them for the better, because they remember what they learn from stories due to the emotional connection. Dr. Dow explains how readers can use what they’ve learned from these stories to solve the most common problems he sees in his practice as a psychotherapist. These explanations are followed by illuminating guided journal entries that readers can fill in to learn even more about themselves and develop their strategies for solving their problems.

The 23 chapters in this book address the problems that Dr. Mike sees most often in his own practice, and every one of them can be addressed using the simple methods in this book. Each chapter presents one or two stories, and then shows readers how to **think** proactively, **act** differently, and **be happy**.

The topics include:

- Tips for Overcoming Depression
 - Weight Loss that Works
 - How to Stress Less
 - Finding Forgiveness and Liberation
 - Using Gratitude to Become an Optimist
 - Tips to Overcome Insomnia
 - How to Make Healthy Choices Because You Want To
 - Saying Goodbye to Bad Habits
 - Abandoning Perfectionism
 - Stepfamily Strategies that Work
 - Grieving and Recovery
 - Ten Baby Steps to Conquering Your Fears
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“Change doesn’t happen overnight, but your very powerful and flexible brain is built to make these changes happen for you, to create a loving, productive life full of people, activities, and things that make you happy,” comments Dow. “You really do have the right, the power, and the ability to act as your own therapist as you navigate the ups and downs of your life!”

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[®].”

ABOUT DR. MIKE DOW

Dr. Mike Dow is a psychotherapist, best-selling author, and brain health expert. He is a frequent guest on *The Doctors* and *The Dr. Oz Show*, and has made regular appearances on *Today*, *Good Morning America*, *The Talk*, *Rachael Ray*, *The Wendy Williams Show*, *Dr. Drew on Call*, *The Meredith Vieira Show*, *Ricki Lake*, *Anderson Live*, and *Bethenny*. He holds a master of science degree in marriage and family therapy and a doctorate in psychology. He is in private practice in Los Angeles. You can hear him weekly on Hay House Radio’s *The Dr. Mike Show*. Learn more at drmikedow.com.

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To receive a review copy of *Chicken Soup for the Soul: Think, Act & Be Happy* or to request an interview, please contact Shelby Janner at (512) 638-6379 or shelby@zilkermedia.com.
