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Positive thinking, values and emotional support for preteens and teens

A new line of books from Chicken Soup for the Soul helps kids be the best versions of themselves

COS COB, Conn. – Today’s parents grew up with Chicken Soup for the Soul 15 to 20 years ago, buying 20 million copies of the publisher’s various books for children, preteens and teens. Talk to any millennial mom and she’ll tell you how important the books were as a source of comfort and peer counseling as she navigated her way through adolescence.

Now, Chicken Soup for the Soul brings positive thinking, values, and emotional support to the next generation of preteens and teens, with two new interactive books. *Chicken Soup for the Soul: Think Positive for Preteens (978-1-611599954)* and *Chicken Soup for the Soul: Think Positive for Teens (978-1-611599961)* were published October 27, 2020, in a new smaller format and at a lower retail price as well. These 5x7-inch books, at \$10.95, offer kids a less daunting reading experience, with pages that are formatted more like magazines. They are fast-paced and graphically interesting, with pull quotes, fun quizzes, journaling, and other activities.

Kids will read true stories about what other kids have been through, learning by example how to deal with the challenges of growing up. And parents and grandparents will know that while their younger family members are being entertained, they are also being exposed to positive, uplifting stories about making true friends, doing the right thing, working hard, valuing family, and staying true to themselves. The stories in these collections were selected to help kids develop self-esteem, confidence, gratitude, compassion for others, resilience, and enthusiasm for taking on new challenges.

“We know that being a kid can be tough,” says Amy Newmark, publisher and editor-in-chief of Chicken Soup for the Soul. “What we hear the most from our young readers is that they don’t ‘feel alone’ after reading the stories in our books. There’s nothing like learning from a peer, someone who’s ‘been there, done that.’ Kids learn from the experiences of other kids. Today’s mothers learned from our past books when they were young. And their mothers, now grandmothers, tell us the same thing—how important our books were for their children growing up. Especially with all the stress for kids during the pandemic, we think this is an important tool for parents.”

Now, today’s parents and grandparents can provide a new generation of preteens and teens with the same guidance, comfort, and inspiration the previous generation enjoyed. And royalties from these books will support the work of Kids In Crisis, an organization that helps families in need. Since 1978, Kids In Crisis has provided vital 24-hour services to more than 154,000 children, teens and their families, including emergency shelter for children 0-18 years old, crisis counseling and community education programs for children and families facing crisis. More information can be found at www.kidsincrisis.org.

ABOUT CHICKEN SOUP FOR THE SOUL

Chicken Soup for the Soul 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, more than 250 titles, and translations into more than 40 languages, the phrase “chicken soup for the soul” is known worldwide and is regularly referenced in pop culture. Today, 27 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. It has also evolved beyond the bookstore, with a podcast, education programs, dog and cat food, licensed products, and video, television and movies through its subsidiary, Chicken Soup for the Soul Entertainment.

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For a review copy of *Chicken Soup for the Soul: Think Positive for Preteens* or *Chicken Soup for the Soul: Think Positive for Teens* or an interview with Amy Newmark or a contributor, please contact Shelby Janner at (512) 638-6379 or shelby@zilkermedia.com.