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The Power of Gratitude Can Change Your Life

Deborah Norville coauthors Chicken Soup for the Soul book with 101 real-life examples of how thankfulness can improve your own life

COS COB, Conn. – “You don’t need to have a fancy degree and a bunch of published research to know that there *is* power in gratitude. Being thankful *can* change your life—in just *one* way: It can make your life better.”

So says award-winning journalist and host of *Inside Edition* Deborah Norville in her introduction to ***Chicken Soup for the Soul: The Power of Gratitude*** (Chicken Soup for the Soul, LLC; Amy Newmark and Deborah Norville; August 23, 2016, 978-1-61159-958-9, \$14.95) Norville explains the scientific evidence behind the power of gratitude and how it is proven to make people happier, healthier, and more successful at work, at home, and in their relationships. This is a subject on which she is quite the expert, having spent many years studying the research compiled on the benefits of thankfulness and having written the bestselling book, *Thank You Power: Making the Science of Gratitude Work for You*.

“The good news is you can *become* more grateful even if it doesn’t come naturally for you. Hearing other people’s stories of gratitude is one way to do it,” continues Norville. And that’s exactly what this inspiring new collection from Chicken Soup for the Soul accomplishes.

Through 101 real-life, personal stories from a talented group of writers, readers will experience the many benefits of gratitude and thankfulness and see how a wide swath of people incorporate gratitude into their own lives, in many cases dramatically changing their outlooks, their relationships, and their careers as a result. You’ll learn how to pay it forward, count your blessings, actively practice thankfulness through gratitude journals and lists, see the silver linings in adversity and find the joy in saying “thank you.”

Whether you’re naturally grateful, or whether you need to push the reset button on your attitude, these stories will help you see even more good in your life. The tips and advice they contain are easy to implement, with immediate benefits. Seeing the world through the lens of thankfulness does indeed change one’s perspective for the better, and once learned, it’s a skill that doesn’t go away.

Chicken Soup for the Soul: The Power of Gratitude is the first book to come out with Chicken Soup for the Soul’s contemporary new cover design, which includes top to bottom artwork, a new template and an embossed title on the front cover.

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, 23 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, and a variety of other digital content and licensed products, all inspired by stories, as it 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 Power of Gratitude*** or to request an interview, please contact Shelby Sledge at (512) 206-0229 or shelby@sheltoninteractive.com.

