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CONTACT: Shelby Janner (512) 206-0229

A Big Dose of Confidence for the Curvy Woman

Supermodel Emme joins Chicken Soup for the Soul to deliver a healthy New Year's resolution

COS COB, Conn. – There's nothing like the first week of January to make a woman feel bad about her appearance. That's when talk shows and magazines are filled with experts telling women to change—primarily how to lose weight. With the vast majority of women in the US and Canada wearing more than a size 12, this is disheartening to say the least.

Now, Chicken Soup for the Soul is presenting a groundbreaking approach to the New Year, New You news cycle, with 101 true, personal stories by women who are curvy but confident—women have learned that they are okay, and that they can wear pretty clothing and swimsuits, do all the things that skinnier women are doing, and live their lives with gusto.

Supermodel Emme, the first plus-size supermodel back in the 1990's, and Natasha Stoynoff, the former *People* magazine writer who famously told her story about being assaulted by Donald Trump, and then lived through his public bashing of her appearance, are coauthors of this book, along with Chicken Soup for the Soul's editor-in-chief and publisher, Amy Newmark.

***Chicken Soup for the Soul: Curvy & Confident* (Chicken Soup for the Soul, LLC; Amy Newmark, Supermodel Emme, and Natasha Stoynoff; December 27, 2016, 978-1-61159-965-7, \$14.95)** plays an important role in the current conversation about real women and society's changing, more constructive view of body image and self-esteem. The book comes at the end of a year in which we saw great things happen—Mattel introducing a Curvy Barbie and *Sports Illustrated* featuring larger women in its swimsuit issue—and in which we saw not-so-great things happen—a presidential candidate publicly insulting women for their appearance.

This collection includes deeply personal stories from Supermodel Emme and Natasha Stoynoff, including Natasha's story about why she decided to go public with her Trump story and what happened to her after she did so. Other prominent plus-size contributors of stories include Sherri Shepherd (actress, former host *The View*), several plus-size models, and other influencers in the plus-size community.

As Emme says in her introduction to the book, "Each story is unique, but we learn this universal lesson from all of them: We are all perfectly imperfect. And to strive to attain someone's narrow idea of perfection sets us up for failure and a lifetime of unhappiness. Life is too short and precious to waste time doing that. We need to be happy *now*, not in ten pounds or ten years."

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, podcasts, positive journalism from aplus.com, and licensed products, all revolving around true 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: Curvy & Confident* or to request an interview, please contact Shelby Janner at (512) 206-0229 or sjanner@advantagewww.com.

