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## 101 Random Acts of Kindness to Inspire You

*A New Chicken Soup for the Soul Collection Gives Us Hope and Perspective*

**COS COB, Conn.** – The best way to make yourself feel great this year? Do a random act of kindness for someone. Scientific studies have shown that “doing good” is not only beneficial for the recipient of the good deed, but also for the person doing it, making that person happier and healthier.

Everyone’s talking about kindness, too, because the world has been through a lot in the past year, what with the divisive U.S. presidential election, the splintering of the European Union due to Brexit in the U.K., and the devastating warfare and refugee crises in the Middle East and Africa. A renewed focus on what is good about humanity seems to be called for these days, and Chicken Soup for the Soul received a record number of submissions when it solicited stories for this collection about kindness, compassion, and paying it forward—a new topic for the popular global publisher.

***Chicken Soup for the Soul: Random Acts of Kindness*** (Chicken Soup for the Soul, LLC; Amy Newmark; February 7, 2017, 978-1-61159-961-9, \$14.95) goes on sale ten days before Random Acts of Kindness Day, which is February 17<sup>th</sup>. It also complements *Chicken Soup for the Soul’s Hidden Heroes*, the television show about kindness, good deeds, and altruism which airs on weekend mornings during the “CBS Dream Team, It’s Epic” family viewing block of time. That show is typically #1 or #2 in its time slot, indicative of society’s hunger for some good news about good behavior these days.

And that’s what this book delivers—plenty of good news and good behavior, with 101 stories about a wide variety of good deeds, acts of compassion, and heroic people. The key messages resound again and again, namely that: 1) people are willing to help if you ask, and even if you don’t; 2) there’s a deep reservoir of understanding and compassion out there just waiting to be tapped; 3) the beneficiaries of good deeds have long memories and are looking for their own opportunities to reciprocate or pay it forward to the next deserving person; and 4) even a few well-timed kind words can turn a life around.

It’s easy to create miracles for yourself and others. Just think outside the box and look around—you’ll see the need. So dive into these stories about every kind of good deed, helping hand, and wise words, from the everyday to the extraordinary. According to author and editor-in-chief Amy Newmark, “Each story is unique, but we learn this universal lesson from all of them: We are all capable of both needing help and providing help. And it is this give and take, the ability to be a provider and a recipient depending on our circumstances, that make us part of a united community of people who really do care about one another. No matter what divides us, our basic humanity reunites us.”

### 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](http://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: Random Acts of Kindness* or to request an interview, please contact Shelby Janner at (512) 206-0229 or [sjanner@advantagewww.com](mailto:sjanner@advantagewww.com).

