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Simply Happy in Seconds

A Crash Course in Chicken Soup for the Soul Advice and Wisdom that Will Change Your Life

COS COB, Conn. – When Amy Newmark sat down and read more than 100 past Chicken Soup for the Soul books nine years ago, prior to becoming publisher and editor-in-chief of the iconic series, she had no idea how much reading those 10,000 stories would change her. She says that her “crash course in Chicken Soup for the Soul advice and wisdom” left her happier, more relaxed, more compassionate, and more grateful for the blessings in her life. And she reports that her education has continued as a result of the tens of thousands of additional revealing, personal stories she has read since that initial immersion.

Simply Happy (Chicken Soup for the Soul; Amy Newmark; October 4, 2016, 978-1-61159-949-7, \$14.95) distills what Newmark has learned into a fast-paced and funny deep dive into dozens of simple ways to create a happy, confident, and positive life. Most of her tips are easy to implement—in a second—just by deciding to view something differently. Newmark recounts examples from her own life and more than 60 Chicken Soup for the Soul stories that she found particularly influential. There are 25 chapters with a wide-ranging selection of Newmark’s best stories and tips, including chapters on:

- the life-changing impact of something as small as getting in the **habit of smiling**
- using **thankfulness** to change relationships at home, at school, and at work
- easy **time management** tips
- having fun while raising **responsible kids**
- using the **power of no** to make time for what matters
- making a habit of **stepping outside your comfort zone**
- harnessing your dreams to **discover what your subconscious already knows**
- changing your life forever through **forgiveness**
- six easy ways to **reduce stress** and keep it away
- why you need to **eliminate toxic people** from your life
- how to **get the best out of everyone**—family, friends and strangers
- why you should **strive for excellence but not perfection**
- why you should **treat yourself as well as you treat your guests**

Publishers Weekly said of the book: “This compilation of lessons from a Wall Street investment banker turned self-help author and publisher will enrich the lives of its readers... Sensible and empowering...”

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, podcasts, 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 *Simply Happy* or to request an interview, please contact Shelby Sledge at (512) 206-0229 or shelby@sheltoninteractive.com.

