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Practical ways to use dreams and premonitions to change your life

101 true, personal stories from Chicken Soup for the Soul show you how

COS COB, Conn. – It’s not crazy. You really can use your dreams and premonitions to change your life—by listening to your own intuition. “The wisdom of your subconscious communicates with you all the time, whether or not you are asleep or awake, whether you listen or not. You might want to pay more attention now, to your daytime premonitions, and to your nighttime dreams—maybe even get a dream journal and write down those dreams the moment you wake up before they fade away,” says Kelly Sullivan Walden, coauthor of this new collection from Chicken Soup for the Soul.

As a dream therapist and the author of five books on dreams and premonitions, Walden knows what she’s talking about. She has appeared on numerous national radio and TV shows, including *Coast to Coast AM*, *The Dr. Oz Show* and *The Real*, to analyze dreams and explain how we can benefit from listening to our inner wisdom. Walden brought her experience and expertise to the editorial process, working with Amy Newmark, Chicken Soup for the Soul’s publisher and editor-in-chief, to select the 101 stories, culled from 5,000 submissions, in this groundbreaking book.

***Chicken Soup for the Soul: Dreams and the Unexplainable* (Chicken Soup for the Soul, LLC; Amy Newmark and Kelly Sullivan Walden; September 26, 2017, 978-1-611599718, \$14.95)** is filled with enlightening stories from people who have experienced the extraordinary and tapped into the life-changing wisdom that already exists within them. You’ll read stories about navigating life with direction from your dreams, finding love and your soul mate, and facing fears and overcoming them through dream experiences. You’ll be awed by dreams and premonitions that saved lives by providing early warnings of danger and disasters, and you’ll read fascinating stories about dreams that provided medical diagnoses that had eluded doctors. You’ll open your mind when you read about dreams that have delivered guidance, closure, and comfort through messages from departed loved ones.

Their stories are fascinating and illuminating. You’ll never go to sleep with quite the same expectations again. As Walden says, “Surprising as it may seem, even ordinary people can have these extraordinary experiences, as evidenced by the stories in this book from people who thought ‘it would never happen’ to them! All that ability is inside you, whether it seems strange to you or not. As I like to say, ‘It’s our *personal power* that is most *alien* to us.’ The stories in this book will help guide you to using that power!”

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, 24 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, education programs, and licensed products, all revolving around true stories, as the company continues “changing the world one story at a time®.”

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To receive a review copy of *Chicken Soup for the Soul: Dreams and the Unexplainable* or to request an interview, please contact Shelby Janner at (512) 638-6379 or shelby@zilkermmedia.com.

