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Learning to make the most of your college days

Chicken Soup for the Soul offers candid accounts of lessons learned

COS COB, Conn - Between trips to Target for dorm essentials and sending daily emails to roommates to buy yet another necessity for the room, freshmen nationwide excitedly prepare for what promise to be the best days of their lives. Studying "Animal House" and "Legally Blonde" with the eagerness of an anthropologist examining ancient civilizations may have seemed like a great way to get ready for college, until they set foot on campus and realize that it is unlike any movie. If the best is yet to come, how can we prepare for the joys and trials of college life?

Chicken Soup for the Soul: Campus Chronicles (Chicken Soup for the Soup Publishing, LLC, April 2009, \$14.95, 978-1-935096-34-4) offers advice and support to students, whether they are preparing for graduation day or beginning orientation. With inspirational stories about overcoming fears and trying something new, this tell-all book is filled with accounts from experienced collegians as they help others learn who they are, and more importantly, who they are not.

"The motto I live by? Impossible is nothing," writes contributor Scott Maloney in his story "Impossible is Nothing," which shares how a night of partying changed his life. When a fateful fall from a tree landed him in the hospital, Scott's parents were informed that he was legally brain dead. Refusing to accept the doctor's assessment, the Maloneys fought for their son. After 23 days in a coma, Scott woke up and spent another four months in the hospital learning how to walk, talk and breathe on his own again. Within two years of the accident, Scott went from using a wheelchair to participating in the Boston Marathon for a fourth and final time, triumphantly leaving his running days behind. "In less than three short years I have gone from being a marathon runner, to a label six on the coma scale (which is the point at which the hospital calls the coroner) to a college graduate, to a motivational speaker whose aim is to educate students about the consequences of the decisions that anyone can make under the influence of alcohol," says Maloney.

With candid stories like Maloney's, *Chicken Soup for the Soul: Campus Chronicles* is divided into sections ranging from "Campus Antics" to "Difficulties and Obstacles," offering stories on first loves, acclimating to college life, resolving roommate squabbles and surviving that dreaded class. Brimming with wisdom for students and parents, the book is an excellent conversation-starter for parents to talk to their teen about being away from home, providing them with an opportunity to share stories from their college days.

Inside *Chicken Soup for the Soul: Campus Chronicles*, you'll also read about:

- One student's struggle with the hardest decision: "What's my major?"
- Studying abroad in Venice, Chile and Scotland
- Finding closure in a college romance gone bad
- An unusual spring break trip spent serving others in need
- Dealing with a problematic roommate's unwanted guests

Chicken Soup for the Soul: Campus Chronicles (Jack Canfield, Mark Victor Hansen, and Amy Newmark) releases April 2009. Chicken Soup for the Soul Publishing, LLC, publishes all the latest titles in the famous Chicken Soup for the Soul book series which are distributed through Simon and Schuster, Inc. Since 1993, books in the Chicken Soup for the Soul series have sold over 112 million copies, with titles translated into over 40 languages. Chicken Soup for the Soul Publishing also licenses the right to use its famous trademark to high quality licensees through IMG, the world's premier licensing agent. The company is currently implementing a plan to expand into all media, is working with TV networks on several TV shows and is developing a major Internet presence dedicated to life improvement, emotional support and inspiration. In 2007, *USA Today* named *Chicken Soup for the Soul* one of the five most memorable and impactful books in the last quarter century. For more information visit: www.chickensoup.com.

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To request a review copy or an excerpt from *Chicken Soup for the Soul: Campus Chronicles*, or to schedule an interview, please contact Rusty Shelton at (512) 785-4469 or rusty@sheltoninteractive.com.