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How to find your inner strength

With inspiring foreword by Fran Drescher, Chicken Soup for the Soul shares stories of resilience, positive thinking and overcoming challenges

COS COB, Conn. – “Pull yourself up, dust yourself off, and play the hand that you’ve been dealt,” writes actress Fran Drescher in the foreword to a powerful new collection of stories from Chicken Soup for the Soul. “It’s through the rough spots that we see what kind of stuff we’re made of,” she continues, as she discusses how being a cancer survivor has changed her life. “I’ve emerged out the other side an activist, philanthropist and an environmentalist... Sometimes the best gifts come in the *ugliest* packages.”

You’ll read Fran’s story and 101 others, all inspiring examples of resilience, positive thinking and overcoming challenges, in ***Chicken Soup for the Soul: Find Your Inner Strength*** (Chicken Soup for the Soul Publishing, LLC; Amy Newmark; Foreword by Fran Drescher; Oct. 28, 2014, 978-1611599398, \$14.95). We are all stronger than we think we are... when we have to be. You will find the encouragement and courage you need to overcome your own challenges as you read the stories from these inspiring role models who show you how they used the strength that was already inside them to successfully handle immense challenges in their own lives.

You’ll meet Leigh Steinberg, the inspiration for the Jerry Maguire character played by Tom Cruise, who talks about overcoming his alcoholism and rebuilding his sports management business and his personal life. You’ll read stories by many others who have overcome similar self-destructive behavior, as well as people who live with chronic disabilities and illnesses, survive life-threatening health challenges, and rebuild after disastrous personal losses.

Chicken Soup for the Soul’s publisher Amy Newmark, author of this collection, introduces the book by saying “This is one of the most powerful collections of stories we have published in our 21-year history. I am thrilled to introduce you in these pages to some of the most inspiring people you’ll ever meet.”

ABOUT CHICKEN SOUP FOR THE SOUL

Chicken Soup for the Soul publishes the famous Chicken Soup for the Soul book series. In 2007, *USA Today* named *Chicken Soup for the Soul* one of the five most memorable books in the last quarter-century. With 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. Today, 21 years after it first began sharing happiness, inspiration and wellness through its books, Chicken Soup for the Soul continues to delight readers and fans with new titles, but has also evolved beyond the bookstore, providing wholesome and balanced pet food, a line of delicious, nutritious food that makes it easier to bring people together around the table for healthy meals, movies, television, licensed gifts, and digital offerings, all of which are inspired by stories. Chicken Soup for the Soul is “changing the world one story at a time.®” For more information visit www.chickensoup.com.

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To receive a review copy of *Chicken Soup for the Soul: Find Your Inner Strength* or to request an interview, please contact Shelby Sledge at (512) 206-0229 or shelby@sheltoninteractive.com.

