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Food from the heart warms the soul

Chicken Soup for the Soul shares recipes, stories of food, love and special times

COS COB, Conn. – Food and cooking connects us in many ways. Gina Lee Guilford knows the mother of her stepchildren, Jennifer, by her recipes. Jennifer was her husband’s first wife who lost her battle with lung cancer. Now, Gina cooks the meals Jennifer would have made for her kids if she could, and while she’s never met her, her blue, vinyl notebook shows she was neat, detailed and had a zest for life. For Barbara Ann Burris, what made all the difference were the life lessons she learned by watching her mother work in the family deli. Her mom taught her what it meant to chase a dream, how to run a business and how to care for others.

“Food and love are inextricably intertwined. Our memories of grandparents and parents, of favorite holidays, of family traditions, of first dates, of good times with friends, very often revolve around food,” writes Amy Newmark, Chicken Soup for the Soul’s Publisher, in her introduction. “This book is all about the relationship between food and love, whether it is romantic love, the love between family members, or the love we show our friends when we invite them over and cook for them.”

Chicken Soup for the Soul: Food and Love features stories from best-selling novelists and well-known columnists too. Sandra Bricker writes of finding a recipe book her mother secretly prepared for her before her death. Melissa Ford describes how she and her college friends tried to create their own Seder when they couldn’t go home for Passover. Denver columnist Priscilla Dann-Courtney describes her father’s disappointment when she told him that he could end his decades-long tradition of overnighing her bagels from New York City. And Saralee Perel describes how she finally understands the importance of her family’s Friday night kosher Sabbath dinner.

These and the other stories in *Chicken Soup for the Soul: Food and Love* (Chicken Soup for the Soul Publishing, LLC, Nov. 22, 2011, 978-1935096788, \$14.95) celebrate special times with family and friends, in the kitchen, around the table and over meals. The book is also available in e-book format (978-1611591989, \$9.95).

In addition to the 101 stories, *Chicken Soup for the Soul: Food and Love* features 23 recipes that correspond with their respective stories, from Whole Grain Applesauce Muffins to Chicken and Dumplings to Tabbouleh. Cartoonist Marc Tyler Nobleman, who has contributed to the *Wall Street Journal*, *Forbes* and *Barron’s*, created the humorous cartoons featured throughout the book.

Chicken Soup for the Soul: Food and Love. (Jack Canfield, Mark Victor Hansen, and Amy Newmark) releases on Nov. 22, 2011. 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 & 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. 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, inspiration and wellness. 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 receive a review copy of *Chicken Soup for the Soul: Food and Love* or to request an interview, please contact Shelby Sledge at (512) 206-0229 or shelby@sheltoninteractive.com.