



FOR IMMEDIATE RELEASE

CONTACT: Shelby Sledge, (512) 206-0229

A bit older, but still young at heart

Chicken Soup for the Soul shares stories of inspiration, humor and wisdom about life at a certain age

COS COB, Conn. – “To remain young while growing old is the highest blessing,” says one German proverb, which is exactly the theme of Chicken Soup for the Soul’s latest book, *Chicken Soup for the Soul: Inspiration for the Young at Heart* (Chicken Soup for the Soul Publishing, LLC, August 2011, 978-1935096-71-9, \$14.95). From finding love again to seeking new adventure, readers will find inspiration and enthusiasm for life after 60 in these 101 stories about the changes, joys and privileges that come with growing “young at heart.”

“As I edited this book, I began to look forward to my own senior years,” says Amy Newmark, publisher of Chicken Soup for the Soul and co-author of *Chicken Soup for the Soul: Inspiration for the Young at Heart*. “These stories paint a wonderful picture of the freedom, enthusiasm, and just plain fun that people are having these days when they pass 60.”

Age is what you make of it. Just ask Susan Tornnga, who decided to “GO 60” and do 60 new things the year she turned 60. Joy Feldman took up the violin in her eighties and then restored an old, beat-up violin, giving the violin a second life as she pursued her new passion. Gary Ingraham lost his job at age 60 and now supports himself with his earnings from his new career, playing in a Sixties cover band.

The writers of these stories are all in their sixties, seventies, and eighties, but they can sound like twenty somethings when they recount their exploits. Take Phyllis Zeno and her husband, Harvey. They were both 82 when they ventured into online dating, found each other and fell head over heels in love. Their story is told in the “Never Too Late for Romance” chapter. Mary Dempsey writes about how she moved to a retirement community and bonded with her neighbors when they took up pole dancing and made a sexy calendar to raise money for Alzheimer’s research.

In addition to romance, there are chapters on new adventures, second careers, learning to live with a retired husband, new hobbies and passions, turning back the clock, and the privileges of age. Anyone in their “golden” years will enjoy these stories that address aging with insight, excitement, and humor. *Chicken Soup for the Soul: Inspiration for the Young at Heart* is available in trade paperback and all e-book formats.

Chicken Soup for the Soul: Inspiration for the Young at Heart (Jack Canfield, Mark Victor Hansen, and Amy Newmark) releases on Aug. 23, 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.

###

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

