



FOR IMMEDIATE RELEASE

CONTACT: Shelby Sledge (512) 206-0229

The gift of friendship... and how to find it

Chicken Soup for the Soul shares stories about friendship for women of all ages

COS COB, Conn. – We’ve all heard of the bestselling book *The Happiness Project*, but many women also undertake what we call “the new friend project.” Whether you’re looking for new friends or strengthening the friendships you already have, *Chicken Soup for the Soul: Just Us Girls* will help give you the courage and inspiration to find and build the friendships that every woman wants in her life.

When Crescent LoMonaco was 39 and pregnant for the first time, she created a pregnancy support group and made a dozen new friends. “Having such deep topics to discuss bonded us together faster and deeper than I’ve ever bonded with any other women,” she writes of the group they called the “Pregnant Gals.” Even after the births of their babies, Crescent remained close to six of the gals. “We now call ourselves the Not-So-Pregnant Gals,” she writes.

Whether they’ve just met or they’ve been friends since childhood, women support each other, understand each other, and share advice. ***Chicken Soup for the Soul: Just Us Girls (Chicken Soup for the Soul Publishing, LLC, Nov. 5, 2013, 978-161159282, \$14.95)*** is like having a new group of friends, whose stories will make you laugh out loud, tear up a little, and call a friend to share what you’ve read.

Some women find the best way to make friends is to join a group. Crescent’s mother-in-law Barbara LoMonaco learned that by accident. Her husband wanted her to join his Corvette Club, but she had no interest in cars. She gave it a try though, and made lots of new friends, even becoming president of the club! “The car club I had no interest in brought me a great group of girlfriends,” Barbara writes.

And sometimes women need to have an adventure with friends. When Jeanne Blandford and her daughter learned their friend was making a midnight run from Connecticut to Virginia to pick up a male goat for a herd of females, they decided to join her! They had a great time talking and laughing during the long drive there and back, even with that smelly male goat as a companion.

Whether a woman is expanding her group of friends, or solidifying the relationships she already has, this collection of personal, revealing stories will provide her with a true gift of inspiration and happiness.

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, 20 years after it first began sharing happiness, inspiration and wellness through its books, Chicken Soup for the Soul continues to delight its readers with new titles, but has also evolved beyond the bookstore. Its high quality products include wholesome and balanced pet food that recognizes the unique relationship between pets and people and a new line of delicious, nutritious comfort food inspired by the connection between food and feelings. Chicken Soup for the Soul is “always there for you™.” For more information visit www.chickensoup.com.

**To receive a review copy or to request an interview,
please contact Shelby Sledge at (512) 206-0229 or shelby@sheltoninteractive.com**

