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CONTACT: Rusty Shelton (512) 785-4469

Parenting: An off-road adventure and full-time job

New story collection offers parenting lessons, family bonding, and more

COS COB, Conn. – Unlike cars, refrigerators or Tivo, parenthood does not come with an instruction manual. As all moms and dads know, raising children is one of the most difficult jobs there is, but it is also one of the most rewarding. Be they first-timers or veterans, most parents learn as they go, influenced by their beliefs, their own upbringing, or – perhaps most often – what they learn on the fly.

Chicken Soup for the Soul: On Being a Parent (Chicken Soup for the Soul Publishing, LLC, 978-1935096207, October 2008, \$14.95) is a collection of stories celebrating parenthood, with accounts from mothers and fathers about the special moments with their kids. In addition, it contains stories from sons and daughters about their poignant (and often funny) relationships with their parents.

Chicken Soup for the Soul: On Being a Parent is part of the new “101 Best Stories” series by the new publisher of Chicken Soup for the Soul books. With refreshed cover designs and interior layouts, books in the “101 Best Stories” series offer the Editor’s favorite tales and poems submitted in the 15-year history of Chicken Soup for the Soul, reflecting the brand’s excitement and new energy on this memorable anniversary.

With topics ranging from “Homecoming” to “The Day I Became My Mother,” *Chicken Soup for the Soul: On Being a Parent* offers inspiration and advice to parents going through difficult times, and provides reassurance to those who worry they are not living up to the Supermom or Superdad ideal. It also shares wisdom from parents who have “been there, done that,” with family-centered memories and reflections.

“Now as the parent of grown children, I see my mother was right,” writes contributor Mayo Mathers about the stages of parenting. “The preschool years passed in the blink of an eye. But it wasn’t just those years that vanished in a moment – it was all of childhood! One moment we were reading Mother Goose together, the next, it was college catalogues.”

Inside *Chicken Soup for the Soul: On Being a Parent*, you’ll also read about:

- How Janet Nicholson and her husband spent the holidays with 6-year-old Kate, from a nearby children’s home
- Why Tammy Lawson’s conversation about children with a stranger turned into a life-changing revelation
- How Diane Nicholson grieved and learned from the death of her newborn twin sons
- DeAnna Sanders’ heartening answer to her daughter’s question, “Is it fun being a mommy?”

Chicken Soup for the Soul: On Being a Parent (Jack Canfield, Mark Victor Hansen, and Amy Newmark) released October 2008. 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 excerpt of *Chicken Soup for the Soul: On Being a Parent* please contact Rusty Shelton at (512) 785-4469 or rusty@sheltoninteractive.com.