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Twenty years of improving lives

Readers share the Chicken Soup for the Soul stories that changed their lives

COS COB, Conn. – Hana Haatainen Caye was shocked when received a phone call from the daughter she'd given up for adoption. The night before, Hana had spent hours searching an adoption reunion site and prayed to find her daughter. Her daughter's adoptive mother had also stayed up late that night, searching for her daughter's birth mother. Suddenly, she had remembered Hana's name from the adoption paperwork she had glimpsed 23 years earlier. She searched online and found a news article about Hana getting a story published in a Chicken Soup for the Soul book! Hana and her daughter, Meagan, had lived only 10 miles apart for 23 years. They immediately set up a reunion.

Over the past 20 years, Chicken Soup for the Soul has received tens of thousands of letters and e-mails from readers about how a story in a Chicken Soup for the Soul book has changed their lives. As a part of its 20th anniversary celebration, Chicken Soup for the Soul collected these powerful stories from readers in the new book, ***Chicken Soup for the Soul: Reader's Choice* (Chicken Soup for the Soul Publishing, LLC, June 25, 2013, 978-1611599121)**. The stories are presented in pairs – the new story, written just for the book, followed by the original story or poem that the reader found so inspiring.

Sometimes a story can have a big impact through a simple change in attitude. Michele Ivy Davis had always been a worrier. When faced with a truly big problem – invasive breast cancer – her anxiety became crippling. Then she read the story "Two Things Not to Worry About" in *Chicken Soup for the Cancer Survivor's Soul*. The advice – not to worry about things you can't change, and to change the things you can – turned her life around. "It's only a change in attitude," Michele writes, "but the words I read that afternoon while in the middle of the worst crisis of my life have made all the difference in how I am living the rest of it."

One night, Tracy Fitzgerald read a story in *Chicken Soup for the Military Wife's Soul* about a woman whose husband was seriously injured in battle. She thought about that story and mentally prepared herself in case she ever got "the phone call" herself. She did indeed get the phone call from her husband – the very next morning. Her husband had lost his leg and part of a hand, among other injuries. Tracy credits the story with preparing her for what was to come. "It was the one that gave me the foresight I needed," she writes. "It was the one that gave me the strength to see the big picture."

Chicken Soup for the Soul: Reader's Choice Edition (Jack Canfield, Mark Victor Hansen and Amy Newmark) releases on June 25, 2013. Chicken Soup for the Soul Publishing, LLC, publishes the Chicken Soup for the Soul book series, which is distributed through Simon & Schuster, Inc. In 2007, USA Today named Chicken Soup for the Soul one of the five most memorable books in the last quarter century. Since 1993, more than 100 million books in the series have been sold in the United States and Canada alone, with titles sold in more than 100 additional countries and translated into more than 40 languages. The company is expanding into all media, including TV shows and a major motion picture, and is also developing a digital presence for life improvement, emotional support, inspiration, and wellness. Chicken Soup for the Soul Foods, a joint venture with Daymon Worldwide Inc., sells a line of delicious, nutritious comfort foods. Chicken Soup for the Soul Publishing also licenses the right to use its famous brand to high-quality licensees. For more information visit www.chickensoup.com.

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