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Support for those recovering from traumatic brain injuries
Chicken Soup for the Soul book includes foreword by Lee Woodruff, wife of TBI survivor Bob Woodruff

COS COB, Conn. – “It’s hard for me to imagine that there was a point in my life when I had no idea what TBI meant,” writes Lee Woodruff in her foreword to a new Chicken Soup for the Soul book for the TBI community. Her own husband, ABC news anchor Bob Woodruff, sustained a TBI while embedded with U.S. forces in Iraq, and the Woodruffs have become advocates for the almost 3 million Americans who suffer a traumatic brain injury every year. Some of the royalties from this book will go to support the work of the Bob Woodruff Foundation, an organization that finds and funds innovative programs to help injured veterans, many healing from the silent wounds from war, thrive long after they return home.

As Woodruff says, “This book is a wonderful bridge between the military TBI community and the civilian one. The stories in this book are the same loving, heartbreaking, familiar ones that I hear from our returning service members.” If you are caring for a loved one with TBI or you are recovering from one yourself, this book will be your portable support group, one you can turn to again and again over the years. The 101 stories in ***Chicken Soup for the Soul: Recovering from Traumatic Brain Injuries*** (Chicken Soup for the Soul Publishing, LLC, June 24, 2014, 978-1611599381, \$14.95) cover the entire journey—from the injury and diagnosis through treatment, rehab, and getting back to everyday living. Coauthors Amy Newmark and Dr. Carolyn Roy-Bornstein have carefully chosen stories that cover the whole range of injuries and outcomes, with Dr. Roy-Bornstein bringing her expertise as a medical doctor and as the mother of a TBI survivor to the selection process.

You’ll read stories from caregivers who share coping strategies and tips and you will feel a sense of community as you read these stories about others experiencing the same feelings as you—the same ups and downs, the sadness, the guilt, and even those wonderful moments of humor and clarity. This book also offers a rare inside look into what it’s like to have a TBI, with TBI survivors explaining their injuries, their early deficits, and their current lives, including what they have given up and what they have gained as a result of their injuries. As Woodruff says in her foreword, “The stories are inspiring and motivating, a great boost for your spirit, as well as a source of information.”

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, 21 years after it first began sharing happiness, inspiration and wellness through its books, Chicken Soup for the Soul continues to delight readers and fans with new titles, but has also evolved beyond the bookstore, providing wholesome and balanced pet food, a line of delicious, nutritious food that makes it easier to bring people together around the table for healthy meals, movies, television, licensed gifts, and digital offerings, all of which are inspired by stories. Chicken Soup for the Soul is “changing the world one story at a time.®” For more information visit www.chickensoup.com.

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

