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Women over 50 can say hello to a better body

Chicken Soup for the Soul and Harvard Medical School doctors combine medical advice with inspirational stories

COS COB, Conn. – Over 50 is the perfect time for women to lose weight and stay fit! The children are grown up, schedules are more regular, and older women have the maturity and discipline to embark on a fitness program. But many women are overwhelmed by the challenges of aging bodies and menopause and find their old strategies for staying fit don't seem to work. Dr. Suzanne Koven found her own path to fitness after 50 and she shares her wisdom and the experiences of dozens of other mature, but fit, women in this book.

In a unique first-of-its-kind collaboration, Chicken Soup for the Soul Health and top doctors at Harvard Medical School have combined the healing and therapeutic power of storytelling with practical medical advice in a new series of books. One of the first in the series is *Chicken Soup for the Soul: Say Hello to a Better Body!* (Chicken Soup for the Soul Health, May 22, 2012; 978-1-935096-89-4, \$9.95), in which physician and Harvard Medical School faculty member Dr. Suzanne Koven provides women over 50 with inspiration and clear steps to weight loss and fitness using examples from Chicken Soup for the Soul stories and from her clinical practice at Massachusetts General Hospital.

The healing power of stories has been documented widely, and the medical community is increasingly adding journaling, narrative writing, and other forms of storytelling to therapeutic regimens. *Chicken Soup for the Soul: Say Hello to a Better Body!* contains more than two-dozen stories from contributors who explain how they reclaimed their fitness through a variety of tactics. Dr. Koven combines the wisdom in these stories with her own practical, easy-to-follow advice to help women over 50 lose weight, become fit, and have fun doing it, all while eating a reasonable amount of chocolate and without going on a diet.

In this book, readers will learn how to get started, how to use small changes to lead to big results, how to manage menopause symptoms through exercise and nutrition, how to turn maturity into an advantage, how to stop negative thinking, how to stop emotional eating, how to understand their bodies through clear explanations and diagrams, and how to eat right without counting calories.

Suzanne Koven, MD has practiced primary care internal medicine for 20 years, and among her specialties are weight and stress management, women's health, and mind-body medicine. She is an assistant professor at Harvard Medical School and writes the award-winning monthly column "In Practice" for *The Boston Globe* and blogs for boston.com. She also has been published in national media outlets, such as *Psychology Today*.

Chicken Soup for the Soul Health is an imprint of Chicken Soup for the Soul Publishing, LLC, the publisher of 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 in the U.S. and Canada alone, 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.

Harvard Health Publications: Harvard Health Publications (HHP) is the media and publishing division of the Harvard Medical School. The goal of its publications is to bring people around the world the most current health information that is authoritative, trustworthy, and accessible. HHP has been publishing award-winning consumer health books since 1996. HHP books are cutting-edge resources for intelligent consumers. The books are penned by Harvard Medical School faculty members, often working with professional writers. HHP authors are internationally renowned for their clinical work and research and have extensive, high-credibility platforms.

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