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## When did you last say “Thanks Mom”?

*Chicken Soup for the Soul and Joan Lunden share stories of gratitude about moms*

**COS COB, Conn.** – Moms are exceptional multi-taskers—there is no end to the many ways they support us and the sacrifices they make for us. Unfortunately, the way we express our gratitude to our moms often starts and ends with a card and flowers. We need to be better at saying thanks to our mothers. They spend every day of our lives earning our praise.

After numerous New York Times bestselling books for mothers, Chicken Soup for the Soul took a different approach with *Chicken Soup for the Soul: Thanks Mom* (Chicken Soup for the Soul Publishing, LLC, March 2010, 978-1-935096-45-0, \$14.95). Instead of collecting stories *from* moms, the company collected 101 Stories of Gratitude, Love, and Good Times *about* moms written by their children of all ages. From best-selling authors like Brad Meltzer and Jacquelyn Mitchard to younger contributors such as 12-year-old Kiashaye Leonard, the stories discuss lessons learned, role models and the tremendous impact mothers have on their children.

Joining Chicken Soup for the Soul in thanking moms everywhere is television legend Joan Lunden, who wrote the foreword for the book. Joan, the mother of seven children, including three grown-up daughters and two sets of young twins, tells the fascinating story of how her own inspiring mother raised her and her brother after their father died in a plane crash. Joan is one of the most visible moms in America. And even she likes to hear “thanks,” saying, “It’s important for moms to know that their children and husbands are grateful.”

“That is one of the reasons I am so excited about this terrific Chicken Soup for the Soul book for moms of all ages,” Lunden continues. “I’ve always loved [this] series, and this book speaks to me in particular, as I am passionate about this subject – moms need to know they are appreciated, that they do make a difference, that their children really are listening and learning important life skills and attitudes from them.. And most importantly... these children, whether sixteen or sixty, love and respect their moms despite the fact that some of them can’t clean, some of them can’t cook, some of them weren’t always there ... yes, these moms are not ‘perfect,’ but they are perfect for their children! It’s OK to not be everything and be everywhere; you don’t need to be ‘the perfect mom’.”

We all learn different lessons from our moms. Desiree Amadeo learned through her mom’s Multiple Sclerosis that completing any task, no matter how trivial it may seem, is a stepping stone to a larger goal. Brad Meltzer writes about how his mom singlehandedly made his book a bestseller and taught him that even though she is no longer with him, she lives on through his love. “I don’t care where she is – my mother is always there for me,” Meltzer says in his story titled, “What My Mother Gave Me Before She Died,” “Her love is a gift.”

Popular author Wendy Walker, who co-authored *Chicken Soup for the Soul: Power Moms*, is the co-author of *Chicken Soup for the Soul: Thanks Mom* with Jack Canfield and Mark Victor Hansen.

*Chicken Soup for the Soul: Thanks Mom* (Jack Canfield, Mark Victor Hansen and Wendy Walker) releases in March 2010. 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 more than 112 million copies, with titles translated into more than 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](http://www.chickensoup.com).

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To receive a review copy of *Chicken Soup for the Soul: Thanks Mom*, or to schedule an interview, please contact Rusty Shelton at (512) 785-4469 or [rusty@sheltoninteractive.com](mailto:rusty@sheltoninteractive.com).