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CONTACT: Shelby Sledge (512) 206-0229

Use the power of forgiveness to change your life
*With "Black-ish" star Anthony Anderson, Chicken Soup for the Soul shares
compelling true-life stories*

COS COB, Conn. – “You can always take the first step. You can always extend the olive branch whether you feel it’s your duty or not,” writes coauthor Anthony Anderson in a life-changing new collection from Chicken Soup for the Soul about the power of forgiveness. You’ll read Anthony’s story about forgiving his biological father right before he died, and 100 other powerful stories, in *Chicken Soup for the Soul: The Power of Forgiveness* (Chicken Soup for the Soul Publishing, LLC; Amy Newmark and Anthony Anderson; Dec. 16, 2014, 978-1611599428, \$14.95).

Along with his great advice on taking the first step toward forgiveness, the actor, producer, and writer shares a transformative life lesson. “I sleep peacefully at night knowing that I was able to release my father from a burden of guilt as well as Robert releasing me from the burden of anger I had towards him. He accepted and forgave me for my faults as I did the same for him.” Anthony concludes his inspiring story by saying, “I learned that life is fleeting so we need to LIVE and LOVE in the moment! And that is how I live my life. I no longer hold onto negativity and pain. I tell my loved ones and friends how I feel.”

The personal, revealing stories in the book lay out steps for how you too can analyze your situation, come to grips with what happened, and then forgive and move on. It’s empowering and it’s freeing to leave those resentments behind. Often, you’re only hurting yourself by not using the power of forgiveness.

Story contributor Joe Rector learned this. When he resigned as coach of his son’s baseball team (because some dads complained about their boys not getting extra game time), the father who replaced him exacted revenge by benching Joe’s son for the rest of the season. Joe stayed angry for years! “I couldn’t even think of John Stern without becoming so angry that my blood pressure spiked,” Joe writes. Then a conversation with his son made Joe realize his anger was only hurting himself, and it was time to forgive. After he did, he said, “I felt as if a huge weight had been lifted from my shoulders.”

The 101 personal, revealing stories in *Chicken Soup for the Soul: The Power of Forgiveness* will motivate you to let go and get on with your own life. They make for a great resolution!

ABOUT ANTHONY ANDERSON

Anthony Anderson is star and executive producer of ABC’s new hit sitcom *Black-ish*, alongside co-stars Tracee Ellis Ross and Laurence Fishburne. He plays the main character in the series, a family man who struggles to gain a sense of cultural identity while raising his kids in a predominantly white, upper-middle-class neighborhood. Anderson has appeared in over twenty films, and his performance on *Law & Order* earned him his fourth consecutive NAACP Image Award nomination for Outstanding Actor in a Drama Series for the 2010 season. Over the years, he has displayed his bountiful talent in the DreamWorks’ blockbuster *Transformers*, directed by Michael Bay; as well as in Martin Scorsese’s Oscar winning feature, *The Departed*, alongside a stellar cast including Leonardo DiCaprio, Matt Damon and Jack Nicholson.

ABOUT CHICKEN SOUP FOR THE SOUL

Chicken Soup for the Soul, the world’s favorite and most recognized storyteller, publishes the famous Chicken Soup for the Soul book series. With over 100 million books sold to date in the U.S. and Canada



Chicken Soup for the Soul.

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 and is regularly referenced in pop culture. Today, 21 years after it first began sharing happiness, inspiration and wellness through its books, this socially conscious company continues to publish new titles, but has also evolved beyond the bookstore with super premium pet food, a line of high quality food to bring people together for healthy meals, and a variety of licensed products and digital offerings, all inspired by stories. Chicken Soup for the Soul has recently expanded into visual storytelling through movies and television. Chicken Soup for the Soul is “changing the world one story at a time®.”

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

