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## The real-life power of positive thinking

*Chicken Soup for the Soul demonstrates how to change your life through positive thinking*

**COS COB, Conn.** – Imagine waking up in the hospital to find your hands and feet have been amputated. That’s what happened to soccer player and coach Scott Martin after contracting flesh-eating disease. Scott has returned to coaching and is writing an inspirational memoir about his experience as he attempts to lead as normal a life as possible. Despite the hurtful reactions he gets from strangers who stare at his prosthetic limbs, he reminds us to focus on the positive and concludes by discussing what he learned—that “loss is a part of life and those who choose to focus on what is lost lose sight of what they have. And I still had a wonderful thing—myself.” Scott, like the other contributors to ***Chicken Soup for the Soul: The Power of Positive*** (Chicken Soup for the Soul Publishing, LLC, October 23, 2012, 978-1611599039, \$14.95) truly demonstrates the power of focusing on the positive.

In *Chicken Soup for the Soul: The Power of Positive*, readers will learn how to put themselves in a more positive frame of mind even when their lives have gone off track. For Mickey Sherman, a 64-year-old criminal defense lawyer who found himself behind bars instead of defending a client, it came down to deliberately adopting a positive attitude despite how he was feeling. After spending his first week in federal prison camp hiding in his bed, Mickey decided to use humor to break down the barriers between him and the other inmates. He made jokes and he made friends. “I felt very fortunate to have had the means to allow other inmates to feel comfortable with me through my offbeat humor,” Mickey says.

Sarah Darer Littman never imagined she’d spend time under psychiatric care. A wife, mother and overachiever, with an MBA in finance, Sarah shares how suffering from a nervous breakdown, depression and bulimia forced her to break the “good girl” mold and stop meeting everyone else’s expectations. The intensive outpatient treatment helped Sarah realize how many obstacles she’d overcome in her life and target who she was meant to be, especially in her career. “As I often joke, ‘God gave me a gift, the ability to express myself in writing. Then he gave me a lot of material,’” Sarah says. “Every time I receive a letter from a reader whose life has been touched by one of my books, I’m grateful that I was able to find purpose during the most painful time of my life.”

Whether readers are looking for a life-changing epiphany or just a little morale boost, *Chicken Soup for the Soul: The Power of Positive* is a powerful tool, with its real-life examples of regular people using the power of positive thinking to overcome what often seemed to be insurmountable challenges. We can all use our own minds to make our lives happier, healthier, and more successful. As the book’s coauthor and publisher Amy Newmark says, “Learn how to change your life by using the power of positive thinking. It works... and it’s easy to follow the steps described in these stories.”

***Chicken Soup for the Soul: The Power of Positive*** (Jack Canfield, Mark Victor Hansen, and Amy Newmark) releases on October 23, 2012. Chicken Soup for the Soul Publishing, LLC, publishes the famous 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. Chicken Soup for the Soul titles have been sold in more than 100 additional countries and translated into more than 40 languages. The company is currently implementing a plan to expand 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., will start rolling out its line of delicious, nutritious comfort foods in early 2013. 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](http://www.chickensoup.com).

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