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## Think positive for great health

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

**COS COB, Conn.** – In today's economy, taking care of yourself can be a big expense. Most people know good health and quality of life should always be front and center, but outrageous healthcare costs have made it even more of a priority. The good news is that research is revealing more each day about how we can take control of our health by using our minds.

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. In ***Chicken Soup for the Soul: Think Positive for Great Health*** (Chicken Soup for the Soul Health, Sept. 4, 2012; 978-1-935096-90-0, \$9.95), Harvard Medical School's Dr. Jeff Brown provides readers with inspiration and a clear path to think their way to better health, using examples from Chicken Soup for the Soul stories and from his clinical practice.

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: Think Positive for Great Health*** contains more than two-dozen stories from contributors describing how the power of positive thought improved their health. Dr. Brown combines the wisdom in these stories with his own practical, easy-to-follow advice to help readers unleash the power of their minds and take charge of their health.

As a noted psychologist, Dr. Brown has insight into the link between the mind and the body and how the brain can positively affect overall health. Readers will learn strategies for reducing stress and anxiety, secrets for healthy thinking, tips on staying hopeful and optimistic, how to choose and build solid relationships with their doctors, how to use cognitive behavioral therapy to promote great health, and how to select food and use stress-free exercise to improve mental and physical health.

**Dr. Jeff Brown** is a psychologist and Assistant Clinical Professor in the Department of Psychiatry at Harvard Medical School. He has provided expert commentary on psychology topics to numerous media outlets, including *The New York Times*, ESPN, *The Wall Street Journal*, *The Boston Globe*, *Time*, *Woman's Day*, FOX News, *Family Circle*, *CBS.com* and *ABC.com*. His work in cognitive-behavioral therapy has led to insights into the power of the mind to affect physical and mental health.

**Chicken Soup for the Soul Health is an imprint of Chicken Soup for the Soul Publishing, LLC**, the publisher of the famous Chicken Soup for the Soul book series, which is distributed through Simon & Schuster, Inc. Since 1993, books in the Chicken Soup for the Soul series have sold more than 100 million copies in the United States and Canada alone. Chicken Soup for the Soul titles have been sold in more than 100 countries and translated into more than 40 languages. Chicken Soup for the Soul Publishing also licenses the right to use its famous brand to high-quality licensees. The company is currently implementing a plan to expand into all media—working on several TV shows as well as a major motion picture, and developing a digital 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](http://www.chickensoup.com).

**Harvard Health Publications:** Harvard Health Publications (HHP) is the media and publishing division of 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: Think Positive for Great Health*** or to request an interview, please contact Shelby Sledge at (512) 206-0229 or [shelby@sheltoninteractive.com](mailto:shelby@sheltoninteractive.com).