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Positive thinking really can change your life *Deborah Norville and Chicken Soup for the Soul show you how*

COS COB, Conn. – “How much better would life be if lived with possibility? This book is filled with the stories of people who didn’t heed the negative voice in their heads, who proved the experts wrong, who dug deep and as a result celebrated victories—some monumental, some small,” says Deborah Norville in her introduction to the latest book from Chicken Soup for the Soul. As the award-winning host of *Inside Edition*, and a journalist, news anchor and entrepreneur, Norville has seen plenty of ups and downs in the lives of the people she covers as well as in her own career. She brought her experience and expertise to the editorial process, coauthoring this book with Amy Newmark, Chicken Soup for the Soul’s publisher and editor-in-chief.

***Chicken Soup for the Soul: Think Possible* (Chicken Soup for the Soul Publishing, LLC; Amy Newmark and Deborah Norville; October 6, 2015, 978-1611599527, \$14.95)** is filled with stories about people doing the impossible, whether they are overcoming disabilities, achieving success despite predictions to the contrary, coming back from trauma and disasters, or rebooting their lives through just plain positive thinking and force of will.

You’ll read stories from people who deliberately became more positive, and transformed their lives as a result. You’ll root for people who followed their hearts and attained the unattainable. You’ll see how using gratitude and forgiveness can change the trajectory of your life. And you’ll meet people who confronted their fears and rose to challenges that none of us think we can handle... until they happen to us. The positive role models in this book are fascinating and inspiring, and you’ll find yourself reinvigorated and ready to take on the world after reading just a few stories.

As Deborah Norville says, “Here’s a news flash if you suspect ‘thinking’ possible is a waste of brain power: You are wrong! The research I’ve discovered reveals that when you’ve decided you are *going* to do something, you not only increase your chances of being successful by priming your brain to make the right choices to achieve your goal, you also make yourself less susceptible to the impediments that might crop up along the way. It’s as though you’ve supercharged your mind and put on body armor to ward off the naysayers.”

The proof is in these stories, which manage to entertain and inspire us at the same time. They show that we all have the ability to call on resilience and inner strength when needed, and that we really can change our lives through something as simple as deliberate positive thinking.

ABOUT DEBORAH NORVILLE

Bestselling author Deborah Norville credits many of the successes in her life to a positive mental attitude. She is the two time Emmy-winning anchor of *Inside Edition*, the nation’s top-rated syndicated news magazine. She is also the author of a half-dozen books including the New York Times bestseller, *Thank You Power: Making the Science of Gratitude Work for You*. She also wrote the forewords for *Chicken Soup for the Soul: Think Positive* and *Chicken Soup for the Soul: Find Your Happiness*.

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 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, 22 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 soups, 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, as it continues "changing the world one story at a time[®]."

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

