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It's Your Time to Thrive

Chicken Soup for the Soul provides a road map to living your best life

COS COB, Conn. – When Mike Conrad and his family found themselves living on public assistance during the recession, they got creative. Now their multimillion-dollar company, Zaycon Foods, delivers low-cost food in bulk to customers all over the United States! Mike is just one of the 101 inspiring men and women you'll meet in *Chicken Soup for the Soul: Time to Thrive* (Chicken Soup for the Soul Publishing, LLC; Amy Newmark and Loren Slocum Lahav; May 5, 2015, 978-1-61159-947-3, \$14.95).

Thriving comes in many forms, and this book covers everything from minor adjustments to complete overhauls. Whether your life needs a little tweak or a major change, these stories will show you how to thrive. You'll learn how to take charge of your future, make time for what's important, and do what's right for you. You'll read about carving out time for work-life balance, learning how to say no, and making your own needs important again. You'll be inspired by stories from people who have reinvented themselves, chucked it all to follow their dreams, and flouted convention by striking out on their own paths. You'll also read about people who conquered their fears, embraced adventure and learned how to say yes to new things.

Coauthors Amy Newmark and Loren Slocum Lahav sum it up in their introduction: "The words in the title of our book, 'Time to Thrive,' have a deliberate double meaning because our stories have two main themes: 1) You need to make time in your busy life to thrive, whether that means putting aside an hour a day for a hobby or just learning to say no when asked to take on too many responsibilities; and 2) It's time to take charge of your life and pursue your passion, do something you are enthusiastic about, and feel alive! No more putting off those life changes you know you should make."

Chicken Soup for the Soul: Time to Thrive is the perfect book for anyone who wants to bust out of the same old routine and take life in a new direction. It will give you the confidence to take the first step toward a happier, more meaningful, purposeful life. There are a million ways to thrive. The trick is discovering which is right for you. This book gives you practical tips and thoughtful advice on how to do just that.

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 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: Time to Thrive* or to request an interview, please contact Shelby Sledge at (512) 206-0229 or shelby@sheltoninteractive.com.

